

100 Yummy Diwali recipes



Sweets & Desserts

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100 Yummy Diwali Sweet Recipes

Download this eBook @ <http://www.indusladies.com/100diwalisweet>

1. Fusion Burfi

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Grated khoa (without sugar) - 3 cups

Powdered sugar - 1 cup

Dark chocolate - 100+100gms

Chopped walnuts/almonds - 1/2 cup

Method

1. Cook grated mava+powdered sugar in a kadai on a low flame, till it starts leaving the pan.
2. Remove & cool.
3. Divide into 2 parts.
4. To one part add 100 gms melted chocolate (cooled) + chooped nuts.
5. Leave the other part white.
6. In a greased square tin, pour the chocolate mixed khoa & above that, the white khoa part.
7. Once it sets, cut into squares
8. Dip the white t top part in melted & cooled chocolate.
9. Decorate with walnuts/slivered almonds..

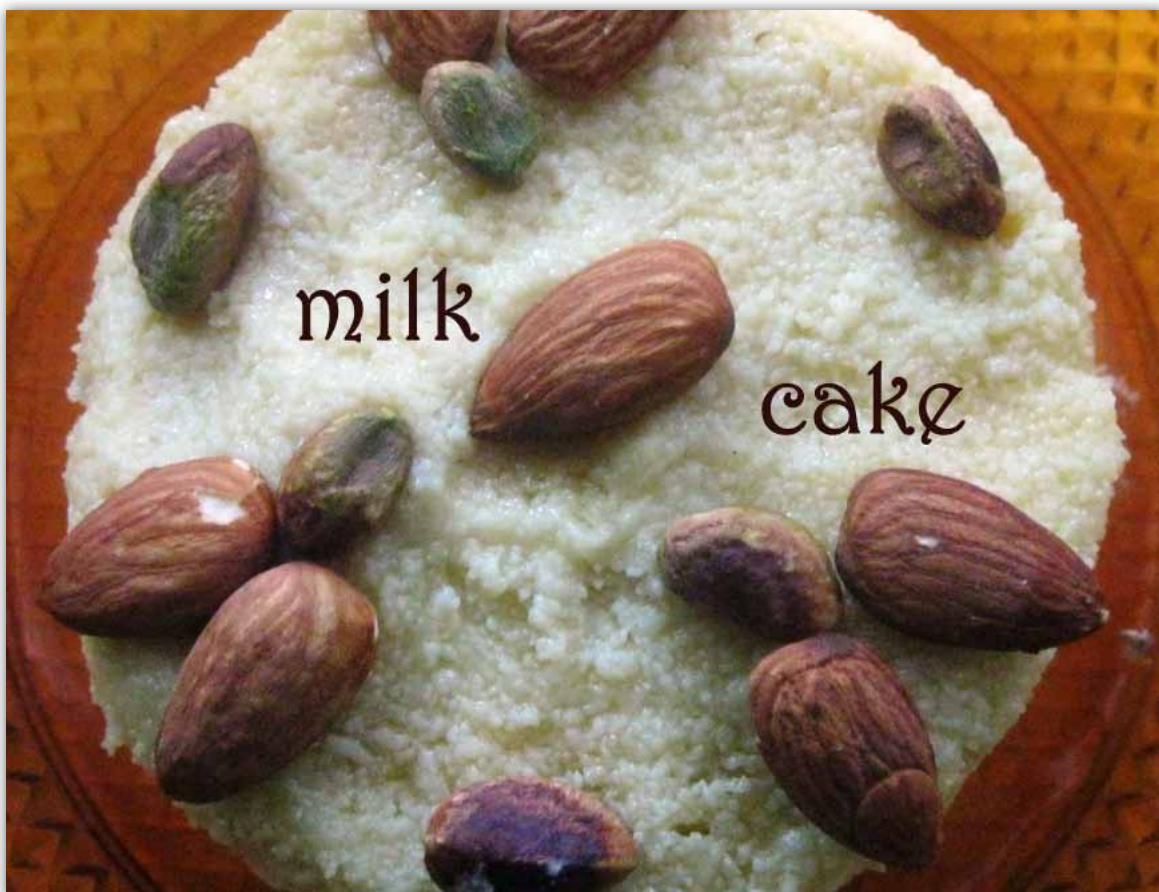
Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78730-step-step-photos-sweets-sugar-11.html#post1542831>

2. Milk Cake

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Mix together:

Milk - 500 ml

Milk powder - $\frac{1}{2}$ cup

Sugar - $\frac{1}{2}$ cup

Ghee - $\frac{1}{2}$ cup minus 1 tbsp

Alum, powdered - a very tiny pinch – half of 1/8 tsp

Method

1. Make sure there are no lumps and boil the mixture in a heavy pan, stirring regularly.
2. When the mixture starts leaving ghee, it is ready.
3. Grease a vessel & arrange chopped nuts on it.
4. Empty the mixture on it & leave it to cool completely to room temperature.
5. Invert on a plate.
6. You can decorate after cooling and inverting on a plate, also.

Recipe link:

<http://www.indusladies.com/forums/ask-chitvish/553-i-love-sweets-17.html#post1965463>

3. Microwave Doodh Peda

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Bloggerr Name: Chitra Vishwanathan



Ingredients

Condensed Milk - 1 tin (400 gms)

Milk powder - 1 cup

Melted butter - 2 tbsp

Saffron - a pinch (warm & powder)

Cardamom powder - 1 tsp

Method

1. Take in a MW big casserole, milk powder, condensed milk & butter.
2. MW Hi for 3 mts.
3. After every 1 mte, stir
4. Remove, add spices & MW Hi for 1-2 mts.
5. Remove, cool thoroughly & form pedas.
6. Overcooking is disastrous! You cannot roll into pedas. Undercooking gives soft pedas which is a better option.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/80343-step-step-photos-microwave-dishes-3.html#post1472335>

4. Wheat Halwa

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Wheat flour - 1 cup

Sugar - 1 cup

Milk - 1 1/2 cups

Ghee - 1/2 cup

Method

1. Cashew nuts & raisins each 4 tsps, fried in 1 tbsp of above ghee
2. cardamom powder - 1 tsp
3. Colour - a pinch, of your choice
4. Keep the mixture in a tall vessel inside the pressure cooker.
5. When the first whistle comes, lower the flame & cook for 10 mtes.
6. Cool & open.
7. Beat the mixture with a whisk or hand blender for the texture to become smooth & uniform.

Recipe link:

<http://www.indusladies.com/forums/ask-chitvish/553-i-love-sweets-17.html#post1574006>

5. Pineapple Rasamalai

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Tinned pineapple can be used.

Use any bread – white, brown or multigrain.

Cut uniform thin rounds.

Keep Milk – $\frac{1}{2}$ cup ready, to dip them

Filling:

Mix together:

Finely chopped pineapple - 2 tbsp

Soft paneer, grated - 3 tbsp

Powdered sugar - 1 tbsp

For Instant Rabdi:

Mix thoroughly:

Milk, condensed milk & cream - each $\frac{1}{2}$ cup

Pineapple crush - 5 tbsp

Method

1. Dip each bread round in cold milk & keep on a plate.
2. Place some filling.
3. Sandwich with another milk-dipped bread round.
4. Pour the rabdi over & garnish.
5. Serve chilled.
6. The more time it soaks, the better it tastes.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78796-step-step-photos-desserts-puddings-5.html#post1862915>

6. Microwave Halwasan

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

ghee - 1 tbsp

gond - 2 tbsp

Method

This recipe uses edible gum called gond in North India. They are crystals, usually eaten in winter, after being roasted in ghee & powdered. They are very good for lactating mothers & and also helps to strengthen the backs.

When roasted in medium flame in little ghee /oil, they puff up very well. Only then, they can be powdered

I did this in MW. The same recipe is applicable to stove-top.

1. In a MW bowl, take:
2. ghee - 1 tbsp
3. gond - 2 tbsp
4. MW Hi for just 1 mte.
5. The crystals puff up. Remove & keep aside.
6. In the same bowl, take 1 tbsp + 2 tbsp wheat flour.
7. mix & MW Hi for 1 mte.
8. Remove, mix well & add gond.
9. Add 500 ml of milk + 1 tbsp curd
10. MW Hi for 5 mtes, definitely stirring twice in that time.
11. Mix & MW medium for 10 mtes, stirring regularly.
12. Add 5 tbsp good quality powdered jaggery.
13. Mix well & continue to cook on medium & medium lo till it gathers in a mass.
14. This will take roughly 20 mtes.
15. Remove & add 12 tsp each of cardamom & nutmeg powder + a pinch of warm saffron.
16. Leave to cool completely & pat into shapes of your choice.
17. Garnish with nuts.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/80343-step-step-photos-microwave-dishes-3.html#post1643584>

7. Almond Katli with Pista

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Almond powder - 100 gms

Sugar - 65 gms

Ghee - 1 tsp

Liquid glucose - 10gms

Saffron - a pinch

Method

This is jiffy if you have almond powder.

To make 100 gms almond powder:

Mix 120 gms of whole almod with 1 cup of water and MW Hi for 3 mtes. Remove, blanche & dry. Keep in a plate, spread out & MW Hi for 2 mtes. Cool & powder, pulsating to prevent it from becoming sticky. Measure out. Measure is important to get it right.

1. Add ½ cup of sugar to water & boil, stirring occasionally, to get one string syrup.
2. Remove & add all other ingredients.
3. Mix very well – it will be a sticky dough.
4. Spread on greased butter paper.
5. Level well, cool & cut into pieces.
6. Before it dries up, sprinkle chopped pista to garnish.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78730-step-step-photos-sweets-sugar-9.html#post1156803>

8. Pista Burfi

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Almond powder - 100 gms

Sugar - 65 gms

Ghee - 1 tsp

Liquid glucose - 10gms

Saffron - a pinch

Method

1. Follow the same procedure as for
2. Almond Katli with Pista Garnish
3. Keep silver leaves ready. A sheet of it has to be gently taken & reversed on the burfi when it is still hot. This is very important as otherwise it will not stick to the burfi.
4. Then cut when cool and keep airtight.
5. The liquid glucose is not shown in the ingredients.
6. I added a drop of green food colour. This is optional.
7. Glucose & colouring are not shown in the photos.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78730-step-step-photos-sweets-sugar-10.html#post1472318>

9. Apple Peda

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Khoa (with or without sugar) - 100gms

Grated paneer - 100 gms

Milk powder - 100 gms

Icing sugar or artificial sweetener - 2-3 tsp

Cardamom powder - 1/2 tsp (optional)

Method

Now, designer sweets are very popular in famous sweet shops. So, try one to match your Diwali saree / dress!!

You can make it in any shape, have 2, 3 colours, layers etc – I am quite poor as an artist!!

The following base needs only blending & no cooking. The dough is flexible & can be moulded to any imagination.

Use icing sugar or artificial sweetener. If using khoa with sugar, add less of the same.

Knead all the above & shape as shown in the photos.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78730-step-step-photos-sweets-sugar-10.html#post1467046>

10. Choco Pista Roll

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Grated khoa - 1 cup

Powdered sugar - 1/4 cup (can use sugar substitute)

Cocoa powder - 1 tsp

Chopped pistachios - 2 tbsp

Method

Combine khoya & powdered sugar in a heavy bottomed pan and cook on a slow flame, while stirring continuously till the sugar has dissolved & the moisture has evaporated.

Cool completely, mix well & divide into 2 portions.

To one portion add cocoa powder, mix well & roll into rectangle.

To the other portion, add chopped postas, mix well & make a roll of 1" diameter.

Place the pista roll in chocolate rectangle and roll in such a way that the chocolate rectangle covers the pista roll evenly from all sides and there are no cracks on the surface.

Wrap the roll in a butter paper & refrigerate till firm - about 10 mts.

Remove paper, slice 1/2" thick & serve.

Recipe link:

<http://www.indusladies.com/forums/step-step-photos-chitvish-recipes/78730-step-step-photos-sweets-sugar-5.html#post964823>

11. Spoon Halwa

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Bombay rava - 1 cup

Water - 2 cups

Sugar 2 1/2 cups (+enough water to immerse the sugar)

Ghee - 1/2 cup

Cardamom powder - 1/2 tsp

Saffron - a pinch

Chopped nuts - to garnish

Roast rava dry on a low flame till pink.

Cool & soak in 2 cups of water.

Method

After an hour grind to a paste using that water & keep ready.

Heat sugar syrup on a low fire, stirring well.

Boil till it reaches 1 string.

Remove & add the rava paste with one hand, whisking fast simultaneously with the other hand to prevent lump formation.

(If lumps are there, pass the handblender through it to break them – but if you do the above step correctly, there will not be a single lump!).

Put back on fire & cook adding ghee little by little at a time.

When it becomes a mass & leaves the sides of the vessel, add cardamom powder & saffron.

Recipe link:

<http://www.indusladies.com/forums/ask-chitvish/553-i-love-sweets-14.html#post489521>

12. Angel Burfi

From the blog: <http://www.indusladies.com/forums/ask-chitvish/>

Blogger Name: Chitra Vishwanathan



Ingredients

Whole milk powder 1 cup
Maida 1 cup
Sugar 2 cups
Cardamom powder 1 tsp
Saffron 1/4 tsp (warm & powder)

Method

In $\frac{1}{2}$ cup ghee fry maida till a nice aroma comes.

Remove, cool & add milk powder.

The mixture should be completely free from lumps.

Add sugar to 1 cup of water, keep on the stove & make a syrup of "soft ball consistency".(candy thermometer 235-238 deg f)

Remove, add the dry mixture & stir continuously adding the spices.

Do not keep on the fire anymore.

When it comes to a dough like consistency transfer to a greased plate, mark & cut into squares.

With candy thermometer, this is very quick & you must be agile. But the result is perfect.

Recipe link:

<http://www.indusladies.com/forums/ask-chitvish/553-i-love-sweets.html#post2303>

13. Apple Kesari with Nutmeg

From the blog: <http://www.kaarasaaram.com/>

Blogger Name: Revathi



Ingredients

Cooking apple [medium] :1

Rava: 1 cup.

Sugar: 1 cup.

Hot Water: 3cups.

Saffron threads: 2 pinches.

Milk: 3 tbsp.

Nutmeg powder : 2 pinches

Almond flakes: 1 tbsp.

Raisins: 1 tbsp.

Ghee: 4 tbsp.

Method

1. In 1 tbsp of ghee fry the almond flakes and raisins. Keep aside.
2. Soak the saffron in the warm milk.
3. Peel, core and chop the apple. Keep aside.
4. Heat 1 tbsp of ghee in a kadai and add the rava. Heat through until you have a pleasant aroma coming through.
5. Add the water. Keep stirring as there should not be any lumps.
6. Once the rava is cooked add the sugar, nutmeg and the saffron soaked in milk and mix well.
7. The mix will become watery first but will come together in a few minutes.
8. Add the raisins, almonds, chopped apples and the rest of the ghee and mix well.
9. Once the mix starts to leave the side remove from flame.
10. Serve warm.

You can substitute fresh pineapple instead of apples and add a few drops of pineapple essence for a completely different flavour.

Recipe link:

<http://www.kaarasaaram.com/2010/12/apple-kesari-with-nutmeg.html>

14. Mawa Peda

From the blog: <http://www.kishmeesh.blogspot.com/>

Blogger Name: Poonam



Ingredients

2 litre full cream milk

A heavy bottomed pan.

150 gms powdered sugar(this is what i used...you can use as per your taste)

1 tsp cardamom seeds powder

Chironji one for each peda

Method

- 1) Bring milk to boil in a heavy bottomed pan. Reduce flame to medium and stir. Keep stirring very frequently, especially towards the end, when milk has become thick. You must not let it catch at the bottom, or it will burn. Be Very careful..STirring must be done continuosly!!!
- 2) When the milk is almost solid, quite thick, turn the heat off and allow to cool. It will solidify a little more as it cools.
- 3) Mawa/ Khoya is ready Now..... The whole process of reducing milk takes 45 mins atleast
- 4) Two litre full cream milk will make approximately 250 gm. mawa, depending upon the thickness of the milk.
- 5) Now take the Mawa in a pan and mash it, stir it for 2-5 minutes until soft,
- 6) Add 2 tbs. sugar powder and continue stirring,till it becomes thick and slightly brown.
- 7) Adding sugar while the Mawa is still in pan...gives little brownish colour to mawa
- 8) switch of the flame and cool the Mawa
- 9) Now add rest of the sugar powder..and mix it well in the mawa, with your hands
- 10) Now start rolling small portions of mawa into pedas
- 11) Decorate each peda with chironji (or dryfruits of your choice)

Recipe link:

<http://kishmeesh.blogspot.com/2010/03/mawa-peda.html>

15. Besan Ladoo

From the blog: <http://www.cookingandme.com/>

Blogger Name: Nags



Ingredients

3/4 cup ghee (I used slightly less than this, don't skimp too much though)

1 cup gram flour or besan (kadalaimavu)

1/2 cup milk

1/2 cup powdered sugar

6 almonds, chopped coarsely

6 raisins (I didn't add this)

6 cardamoms, powdered

Method

1. Heat ghee in a pan over low heat. Don't bring to boil or anything, just heat it up well. Add the besan and cook for 4-5 mins stirring continuously till the raw aroma disappears and it turns a golden brown.
2. Remove from heat and add milk, stirring vigorously to avoid lumps. I let the milk trickle in to avoid this. Once mixed well, set aside to cool a little.
3. Then mix in the almonds, sugar, raisins, and cardamom powder.
4. When its warm enough to handle, shape into lime-sized balls. At this stage, you can add a bit more ghee if you want. I started with a little less than 3/4 cup and added more while shaping them.

Notes:

- These besan ladoos are very delicate (which is why you shouldn't skimp on the ghee, because it acts as a binding agent and holds it together) so handle carefully and store in an airtight container at room temperature.
- You can add about 2-3 tbsp of rava (semolina) to the mixture if you want some added texture. I avoided this because I wanted a smooth besan ladoo.

Recipe link:

<http://www.cookingandme.com/2011/08/besan-ladoo-besan-ka-laddu-vinayaka.html>

16. Jalebi

From the blog: <http://gayathriscookspot.blogspot.com>

Blogger Name: Gayathri Kumar



Ingredients

Maida-100gm
Curd-1cup
Corn Flour-30gm
Hot Oil-1tbs
Lemon Yellow Food Colour-1/2tsp (I used Liquid Colour)
Sugar-1cup
Water-1cup
Oil-For deep frying

Method

1. Mix maida, corn flour, hot oil and curd. Add food colour and enough water to make a batter slightly thinner than the dosa batter.
2. Allow it to ferment overnight.
3. Add water and sugar and bring it to boil. Let the syrup boil until it becomes sticky.
4. Keep it aside.
5. For piping Jalebis, you can use a plastic bag or a piping bag or a sauce bottle. I used a piping bag with a writing nozzle. But it gets very messy. I think, sauce bottle method will be nice.
6. Heat oil in a flat bottomed pan. When it is medium heat, pipe out jalebis into the oil.
7. Keep the sugar syrup warm when frying the jalebis.
8. Flip the jalebis when they become firm.
9. When all the bubbling has stopped, remove the jalebis and drop them into the warm syrup.
10. Let them soak for 30 seconds. Flip them and let them soak for another 20seconds.
11. Remove the jalebis from syrup and place them on a plate separately, so that they don't stick to each other.
12. Serve warm.

Recipe link:

<http://gayathriscookspot.blogspot.com/2011/09/jalebi.html>

17. Shahi Tukre

From the blog: <http://annarasaessenceoffood.blogspot.com>

Blogger Name: Apu



Ingredients

- 6 slices of white or milk bread, crusts removed
- 4 tbsp ghee (clarified butter)
- Oil, as needed for frying
- 1 can evaporated milk
- 1 cup full fat milk
- 1/2 cup sweetened condensed milk (or to taste)
- 1/2 cup mixed chopped nuts (cashews, pistachios, golden raisins)
- 1/2 tsp cardamom powder
- 1/2 tsp saffron strands
- 2/3 cup sugar

Method

1. Soak the saffron strands in a quarter cup of milk. Set aside.
2. In a heavy bottomed, bring together remaining milk and evaporated milk. Bring to a boil and then simmer stirring constantly until it is reduced by about a third of the quantity and is beginning to thicken.
3. Add condensed milk and the cardamom and saffron, let simmer on a low heat for another 10 minutes.
4. Set the Rabri aside and chill in the refrigerator.
5. In a separate saucepan, pour in the sugar with a quarter cup water. Bring to a boil and simmer till you get a thick syrup. Remove from heat, Set aside.
6. Pour a tablespoon of ghee in a non stick pan, add the chopped mixed fruits and nuts. Fry until golden brown.
7. Remove in a bowl using a slotted spoon.
8. Cut the bread slices diagonally into triangles.
9. Pour enough oil for shallow frying into the frying pan. Add a tablespoon of ghee. Heat on a medium low to low flame.
10. Add four triangles of bread at a time to the pan and shallow fry till crisp and golden brown. Remove and allow excess oil to drain on a kitchen towel for 30 seconds each.
11. Immerse into the prepared sugar syrup for just about a minute. The fried bread does not need to soften and must retain its crispness while retaining some sugar syrup.
12. Repeat for remaining bread, replenishing oil and ghee in the proportions above for shallow frying.
13. Arrange the soaked pieces on a plate. Sprinkle half the chopped fried fruits and nuts onto the slices.
14. Set aside remaining nuts until dessert is ready to be served.
15. Remove the Rabri from the refrigerator half an hour before you intend to serve the dessert.
16. To serve, place a couple of pieces of the bread on plate. Pour some Rabri and sprinkle more chopped and fried fruits nuts. Dig in!!

Recipe link:

<http://annarasaessenceoffood.blogspot.com/2011/09/shahi-tukre-double-ka-meetha-aur.html>

18. Mung Dal Halwa

From the blog: <http://naiya-recipes.blogspot.com>

Blogger Name: Naiya Sheth



Ingredients

1 cup course mung dal flour
1 tea spoon whole mung dal (opt.)
1 cup ghee
1 cup sugar
4 cup boiling water
½ tea spoon cardamom powder
Pinch saffron

For Garnishing:

Sliced almond
Sliced pista
Cashew

Method

1. Heat oil in a non stick pan. Add mung dal flour and mung dal in it. Roast at slow flame till light brown.
2. Add 3 cups of boiling water in it and let it cook till mung dal absorbs water. Stir continually.
3. Add sugar and remaining water and saffron into it and cook well.
4. Cook till it separates ghee. Add cardamom powder.
5. Hot and yummy Mung Dal Halwa is ready to serve.
6. Garnish with almond, pista and cashews.

Recipe link:

<http://naiya-recipes.blogspot.com/2011/07/how-to-make-mung-dal-halwa.html>

19. Ravva Laddu

From the blog: <http://www.rasoikimalkin.com>

Blogger Name: Kanthi



Ingredients

Sooji - 2 1/2 Cups
Sugar - 2 1/2 Cups
Dry coconut flakes/Powder- 1 1/4 Cup
Unsalted Butter - 4 Tb spns
Cardamom powder - 2 pinches
Almond Flakes - 4 Tbspns
Raisins - 3 Tb Spns
Milk - 3/4 Cup

Method

1. Take a pan and add butter to it. When it is hot add almond flakes and raisins.
2. When the raisins pops up add sooji to it and roast it for 10 minutes or until you get light brown colour. The raw smell should go away. Make sure you continuously stir it so that the sooji won't get burnt.
3. Now add dry coconut powder and fry by stirring it for 3-5 minutes.
4. Then add sugar and stir it for 2-3 minutes.
5. Finally before turning off the stove add cardamom powder.
6. After turning off the stove add the milk and mix it. The mixture will be tight.
7. Let it cool for 5 mins and start making ladoo.
8. Make sure you don't put too much milk. You should be able to gather the mixture and make a laddu. You can also sprinkle water or milk on the mixture for making a laddu.
9. Make sure to put a bowl of cold water so that you can dip your hand in the cold water and then make a laddu. By dipping in cold water and then taking the mixture into hand will also make the task more easy because this wetness will be helpful for binding it easily.

Recipe link:

<http://www.rasoikimalkin.com/2011/02/ravva-laddu-sooji-laddu.html>

20. Godhumai Jira

From the blog: <http://spicychilly.blogspot.com>

Blogger Name: Bharathy Vasu



Ingredients

Whole wheat flour/ Atta - 1/2 cup

Ghee- 1/2 cup (same amount as wheat flour...never compromise the quantity)

Sugar - 3/4 cup (slightly lesser than two parts of flour)

Water - 1 cup + about 1/4 cup (2 1/4 parts of flour)

Method

1. Heat ghee / clarified butter in one of your non stick pans. I used fresh homemade cow's ghee, amma had sent over :)
2. I used a shallow nonstick pan and lesser ratio of ingredients for the pictorial and please go ahead with your wider deeper pans. For beginners I strongly suggest to start with minimum quantity, say, 1/4 cup of wheat flour and 1/4 cup of ghee like I am doing here!
3. Add wheat flour to the heated ghee
4. Ah! while you place the pan to heat ghee, place the pan of water (flour : water = 1 : 2 1/4) simultaneously on the adjacent stove over medium flame.
5. Blend ghee + atta well. It should be watery and not thicker than you see here. This is important!
6. Keeping flame to minimum, stir the mixture continuously.
7. You can see the colour changing while the flour gets cooked in ghee
8. This will take 2-3 minutes (if you have used 1/4 cup of flour and ghee) and you see the flour attaining a deeper brown hue with the distinct aroma of wheat + ghee all around you!
9. The water must have reached the rolling boiling stage now. Make sure you don't let it boil and evaporate as we might mess up with the ratio
10. Yes, this is where you are supposed to reach with the wheat and ghee part. I removed it from fire and brought it under daylight to show you the actual colour.
11. You don't have to put off the stove as I did and can dump sugar..
12. ..followed by the boiling water. Be careful as you see the mix rising up a bit with a hissing sound and settling down the next second, since you are using the boiling water. Be careful with the very hot water too.
13. This stage reaches after 2 seconds from the previous. I had to put off the stove after my struggle to click a decent picture :) The same stage for a closer shot. While you mix, ensure there are no lumps formed. It is safer to put off fire for a few seconds until you blend the mixture well.
14. Keep the flame low and stir. Yes! Put off one and note the consistency and the colour. This stage is reached within a minute after you mix the flour, ghee and boiling water. Within seconds you can see the whole thing forming into a smooth glossy mass, leaving sides of the pan with a wonderful aroma. Interesting, na? :)
15. Ah! there you go! heave a deep sigh of relief, you've made it! Put off fire. Transfer to another bowl and leave it cool a bit. The halwa will be really hot!

Recipe link:

<http://spicychilly.blogspot.com/2011/08/godhumai-jira-instant-wheat-flour-halwa.html>

<http://www.indusladies.com>

Largest Online Community for Indian Women with 1Lakh+ visitors

21. Microwave Dates Fudge

From the blog: <http://seduceyourtastebuds.blogspot.com>

Blogger Name: Padmaja



Ingredients

Seedless Dates- 10 numbers

Condensed milk[Milkmaid] - 50 ml

Milk powder- 40 grams[I used Everyday Dairy whitener 40g sachet]

Butter- 1 tablespoon

Almonds to garnish

Method

1. In a microwave proof dish put in dates and half cup water and microwave on high for 3 minutes or till the dates is soft.
2. Remove from microwave take out the dates and puree with a little water used to soften the dates.I did not make a smooth puree.I wanted a few bits of dates to bite into.
3. Microwave butter in a microwave proof dish for 1 minute
4. Put in dates puree,condensed milk, milk powder and mix well.If the mixture is too dry add a couple of teaspoons of the water used to soften dates.[Do not add too much.]
5. Microwave on high for 4 minutes.Stir at teh end of 2nd minute.Keep a close watch else it will get burnt.The mixture will rise like this...
6. Mix well and check if it is glossy.Else Microwave for a few more minutes.
7. Let it cool for an hour.Grease your palms lightly and pinch out a small piece of the mixture and roll into a ball.Flatten lightly and garnish with almonds / nuts

Recipe link:

<http://seduceyourtastebuds.blogspot.com/2011/01/microwave-dates-fudge-dates-peda.html>

22. Coconut Burfi

From the blog: <http://www.padhuskitchen.com>

Blogger Name: Padhu Shanakar



Ingredients

Grated coconut - 1 cup
Sugar - 3/4 cup + 1 tbsp
Ghee - 2 tsp
Cardamom powder - 1/4 tsp

Method

1. Take a kadai/pan (non stick preferable) add sugar and just enough water (approximately 1/2 cup) to cover the sugar and boil it.
2. When the sugar water starts boiling, add cardamom powder, ghee and the grated coconut.
3. Simmer and cook stirring often, till the coconut mixture starts foaming and leaves the sides of the pan. Take a small mixture and if you are able to make a ball out of it, switch off the flames.
4. Pour it on the greased tray or plate. After it cools a little, make cuts in desired shapes.
5. Leave it to cool completely. After that take the pieces gently and store it in an air tight container.

Recipe link:

<http://www.padhuskitchen.com/2011/09/coconut-burfi-recipe-nariyal-burfi.html>

23. Rasmalai

From the blog: <http://swapnascuisine.blogspot.com>

Blogger Name: Swapna Mickey



Ingredients

Milk Powder -1 Cup
Baking powder-1 tsp
Egg -1
Milk -1 litre
Sugar- $\frac{3}{4}$ cup or to taste
Cardamom, powdered- $\frac{1}{2}$ tsp
Cashew nuts and Badam, sliced – 1 tbsp

Method

1. Boil milk with sugar, sliced cashew nuts and badam in a big heavy bottomed pan.
2. Sieve milk powder and baking powder together and put this into egg which is not beaten.
3. Knead it and make about 18 balls with this.
4. Add these balls slowly in the boiling milk.
5. These balls will double the size while cooking. Cook on medium flame for about 20-25 minutes.
6. Add cardamom powder and mix gently and remove from fire. Serve either warm or chilled.

Recipe link:

<http://www.swapnascuisine.com/2011/09/rasmalai-sweet-treat-to-celebrate-new.html>

24. Coconut Halwa

From the blog: <http://www.trendyrelish.com>

Blogger Name: Uma Priya



Ingredients

2 cups grated coconut, fresh (frozen also can be used)
½ cup Rice, uncooked
½ cup Sugar
1 or 2 tsp Ghee
¼ tsp Cardamom Powder

For Garnishing:

Cashews and Raisins, sautéed in some ghee

Method

1. Soak rice in enough water for 2 to 3 hours or until rice becomes soft.
2. Grind the soaked rice and grated coconut into a very fine paste by adding some water. But don't make it too watery. It should be like a smooth paste. Keep aside.
3. In a non-stick pan pour sugar and add some water just enough to immerse the sugar (approx. $\frac{1}{2}$ cup). Bring the sugar solution to a boil and wait till one string consistency is acquired.
4. Then immediately add the cardamom powder + ground coconut – rice paste and keep stirring until it becomes thick and leaves the sides of the pan. Just before turning off the flame, add ghee and mix well.
5. That's all! Great tasting coconut halwa is ready!!
6. Here are some serving ideas for this yummy halwa. But don't forget to garnish it with fried cashew and raisins.

Recipe link:

<http://www.trendyrelish.com/2010/03/coconut-halwa.html>

25. Kadi/Khadi - 5 Cups Barfi

From the blog: <http://divyascookbook.blogspot.com>

Blogger Name: Divya Kudua



Ingredients

Besan/Chickpea flour - 1 cup
Ghee - 1 cup
Milk - 1 cup
Sugar - 2 cups
Cashewnuts - a handful, chopped finely, optional

Method

1. In a saucepan,mix together warm milk and sugar-reserve.
2. In a thick bottomed kadai add ghee and roast besan for a few minutes until a nice aroma comes,approximately 2-3 minutes--be careful not to let it brown.
3. Now add the milk-sugar mix and the nuts and keep stirring.
4. Keep the gas flame on simmer and stir the barfi in continuous intervals taking care as to not to burn.
5. After about 20 minutes,the barfi will start leaving the sides of the pan and would be ready to set.
6. Meanwhile grease a plate with ghee and pour the barfi mix into the plate.
7. When the barfi becomes half set,make markings on it using a knife which would make it easier to cut.
8. When completely cool,cut into squares.
9. Keeps well while stored in air tight containers.

Recipe link:

<http://divyascookbook.blogspot.com/2010/09/kadikhadi-aka-5-cup-barfi.html>

26. Ras Malai

From the blog: <http://www.passionateaboutbaking.com>

Blogger Name: Deeba Rajpal



Ingredients

Ricotta or cottage cheese from 1 litre of whole milk

1 cup sugar

2 cups water

1 litre whole milk

1/2 tsp saffron + 1/4 tsp granular sugar

1/3 cup sugar

1/2 tsp cardamom powder

Almonds & pistachios, soaked, peeled & slivered

Method

1. Run the ricotta/cottage cheese in a food processor until smooth. Will take about 2-3 minutes in short pulses. You can even knead it by hand, but it will take a lot longer to get it absolutely smooth.
2. Divide the ricotta /paneer into 10-12 equal portions a little smaller than the size of a ping pong ball.
3. Roll the portions in your hands until a smooth ball is formed. Lightly press the ball until it flattens out.
4. In the pressure cooker dissolve 1 cup sugar with water, and add the flattened ricotta / paneer.
5. Close pressure cooker lid and cook until one whistle sounds. Immediately switch off the stove and set the timer for exactly 5 minutes.
6. After 5 minutes, carefully take the pressure cooker to the sink and pour cold water over the lid to remove the pressure.
7. Remove the cooked ricotta /paneer with a slotted spoon into a bowl and allow it to cool.
8. Meanwhile, the milk in the non-stick pan should have reduced to half. Add sugar to taste, cardamom powder and nuts. Switch off the stove and keep milk aside.
9. Once the ricotta /paneer is cool enough to handle with your hands, gently squeeze out the sugar syrup from the ricotta / paneer and place the roundels in a serving dish.
10. Pour the prepared reduced milk over and chill in the refrigerator.
11. Garnish with additional chopped nuts.

Recipe link:

<http://www.passionateaboutbaking.com/2009/10/a-little-sweet-100s-of-spice-ras-malai-spicy-chickpeas-for-diwali.html>

27. Jangri

From the blog: <http://www.rakskitchen.net/>

Bloger Name: Rajeswari Vijayanand



Ingredients

Whole white urad dal/Muzhu ulutham paruppu	3/4 cup
Rice flour (optional)	1 tsp
Orange food colour	1/2 pinch
Salt	A pinch

FOR SUGAR SYRUP:

Sugar	3/4 cup
water	Just to immerse the sugar
Lemon juice	1/2 tsp
Rose essence	4 drops
Orange food colour	A pinch

Method

1. Soak urad dal for 2 hrs and grind with very little water as we do for grinding vadas.(Approximately less than 1/4 cup).The batter should be fluffy and smooth).Mix a pinch of salt,food colour and rice flour(if desired) and mix well.
2. Heat the sugar with water just to immerse it and after it starts boiling,let it boil for 3-4 minutes.Add lemon juice,food colour and lastly essence and mix well and switch off the stove. Take a zip lock cover and make a hole with a thin nail as shown in the picture. The hole should be very tiny.
3. Fill half the cover with the batter and first practice doing in a plate...Draw two circle as shown and over it,draw small swirl like circles over it.Just practice 2-3 times you will get it right
4. Then heat a broad,flat bottomed pan(keep the flame in low) with only little oil say 1 inch depth.
5. The oil should not get fully heated,when it starts forming small,small bubbles in the bottom,then draw jangris in the oil,repeat the same to make many.
6. Once the jangris gets cooked and becomes light,turn over and cook till crisp and then take out carefully and transfer to the sugar syrup. I used Chop sticks for this,which works out very well.You can use the one they use for turning paniyaram...
7. Dunk the fried jangris in hot sugar syrup for 1-2 minutes and take out carefully and arrange it a plate.Give a 1/2 hour standing time.
8. Ready to enjoy!!!

Recipe link: <http://www.rakskitchen.net/2009/07/jangri.html>

28. Microwave-able Sandesh

From the blog: <http://spiceandcurry.blogspot.com>

Blogger Name: Jayashree Mandal



Ingredients

Approx 3-4 pints of whole milk

3 lemons- cut and deseeded

1 tsp of vanilla essence

2-4 tbs of milk powder.

Method

1. Approx 3-4 pints of whole milk – My whole milk bottle says-6 pints whole milk makes roughly about 3408 ml .Now work it your way.OK let me make it easy , about half of 6 pint whole milk bottle. Hope it makes much sense now.
2. 3 lemons- cut and deseeded.
3. Make paneer/chana
4. Bring the milk to boil, add fresh squeezed lemons. You may use dahi/yogurt also in place of lemons.
5. Let the milk curdle. Separate Paneer from the whey.Let it sit for sometime under any heavy weight , may be 1-2 hrs.
6. Now in a big salad bowl, mix together about 2 -2 ½ cups of paneer and 1-1 ½ cups of granulated sugar.Work according to your preference of sweetness.
7. Add about 1 tsp of vanilla essence.
8. 2-4 tbs of milk powder.
9. Mix well and knead well with hands or with spoon.
10. Now microwave at high for 2 mints in an M/W safe bowl .Take out and stir it well. Repeat at regular intervals of 2 mint cycle and stirring.My M/W took approx 7-8 mints at high power.
11. When you see, the mixture starts to collect well. Stop microwaving it.
12. Now let it cool a little bit. Shape up and enjoy.

Recipe link:

<http://spiceandcurry.blogspot.com/2010/11/happy-diwali-with-microwave-able.html>

29. Suruttai Poli

From the blog: <http://www.4thsensecooking.com>

Blogger Name: Nithi Rajasekaran



Ingredients

Filling:

Roasted gram(Pottu Kadalai) - 1 cup
Sugar - 1 cup
Cashews - 20
Cardamom powder - 1 tsp
Coconut (scrapped) - 1tblsp
Ghee - 1 tsp

Poli (Papad)

All purpose flour(Maida) - 1 cup
Salt - a pinch
Oil - for deep frying

Method

Recipe for the filling:

1. Powder the roasted gram and sugar together. Chop the cashews into small pieces.
2. Take a pan and tsp of ghee in it and roast cut cashews and coconut for few mins until the cashews turn golden brown.
3. Mix all ingredients in a bowl.
4. The filling is ready. Keep this aside.

Recipe for making the Poli(Papad):

1. Mix all purpose flour and salt in a bowl. Add water to it little by little and knead them into a dough. Consistency should be like chapathi dough. Leave it aside for half an hour.
2. Now divide the dough into equal parts and roll into small balls. Flour the surface and roll the dough into very thin circles of 10cm diameter. The thickness of the circles should be like papad(appalam). It should be almost semi transparent. If you make it thick, it would puff up like poori when fried. This appalam can have small bubbles here and there but should not puff up totally. After you roll them into circles spread them on paper and leave it aside for ten mins.
3. Now deep fry them in hot oil turning once to cook both sides and remove them when they are just half cooked.(about ten seconds) It should be flexible and should not turn brown or crispy.(This is the tricky part)
4. Once you remove them from oil place it on a plate and immediately spread 1tblsp of filling (recipe above) on the papad and roll it tight and keep it on a plate with seem side facing down. (Caution - the papad is piping hot so work quickly)
5. The rolls would be soft when made, but would become crispy once they are allowed to cool.
6. The challenge in making this sweet is the speed in which you work while rolling the fried papad.
7. Suruttai poli is ready to eat :)

Recipe link:

<http://www.4thsensecooking.com/2011/03/suruttai-poli-sweet-rolls-indian.html>

30. Rasgulla

From the blog: <http://www.sharmispassions.com>

Blogger Name: Sharmilee



Ingredients

Milk - 1/2 litre

Lemon Juice - 1.5 tbsp (or) Curd - 2 tbsp

Water - 1 and 3/4 cups water

Icecubes - 4 to 5

Sugar - 3/4 cup

Cardamom powder- A generous pinch

Pistachios - 3 to 4 chopped finely for garnishing

Method

1. Heat milk, bring it to boil and simmer it. Take 1.5 tbsp lime juice from a lemon and keep it ready.
2. When milk starts boiling, add the lemon juice to the boiling milk and stir properly. Stir continuously till the whey water clears and the milk curdles completely. Before adding icecubes you can take some whey water which can be reserved for future use which is what I did. Now switch off the stove, add ice cubes and allow it to melt completely.
3. Take a muslin cloth and pour the curdled milk, filtering the whey water completely. Wash it well in running cold water to remove the lemon smell. Squeeze the excess water and hang it aside for 30mins without disturbing it.
4. After 30mins, the paneer would be crumbly in texture. Now knead it well for 10mins. Once everything comes together to a smooth pliable dough, form them into smooth mini/normal lemon sized balls and keep aside. I made around 13-15 mini balls.
5. Heat water in a wide bottomed vessel, then add sugar and keep stirring till sugar dissolves completely. When the sugar syrup boils and starts bubbling, add the balls slowly one by one and simmer it for 3mins.
6. The balls will go to the corner, move them to the middle. Keep in medium flame and close with a lid. Cook for 10mins opening the lid every 3-4 mins this is to ensure the vapour passes out not allowing the sugar syrup to ooze out. After 10 mins, the balls would be closely doubled in size.
7. This is the stage when your rasgullas are done. Cool it completely, add chopped pistachios and chill it for an hour and serve chilled. This method was from ammas cookbook and I find it easy as you can open and see the rasgullas now and then.
8. Though amma kept on saying to try with whey water to make the paneer as that is the traditional bengali style of making rasgullas, this time I am completely satisfied with the results. But sure to make it once with whey water and update it here with my feedback.

Recipe link:

<http://www.sharmispassions.com/2011/01/rasgulla-mini-rasgulla-step-by-step.html>

31. Almond Burfi

From the blog: <http://www.nandyala.org/mahanandi>

Blogger Name: Indira Singari



Ingredients

- 6 cups, whole almonds
- 6 cups, cane sugar
- 1/2 teaspoon, finely crushed cardamom seeds

Method

1. Prepare the Almond Meal:

In a big bowl, cover the almonds with water and soak for at least 4 hours. The soaking process helps loosen up almond skin and the skin peels off easily.

One by one, peel the almond skins. When you are done with peeling, gently pat and dry the now skinless, white almonds with a clean kitchen towel.

Take almonds in one to two cup batches in a food processor. Pulse and grind to fine meal.

From 6 cups whole almonds, you will get about 8 cups of almond meal.

2. Prepare the Sugar Syrup:

Combine two cups of water and sugar in a heavy-bottomed, big vessel and place over low heat. Stir until the sugar dissolves completely and then raise the heat to medium and gently boil until sugar reaches softball consistency. To know the right consistency – do the cold water candy test. Take quarter cup of water in a small bowl, add a drop of sugar syrup to water. When the syrup holds its shape and doesn't dissolve in the water (softball), then it is at the right consistency.

3. Prepare the Almond Burfi:

Add the almond meal and cardamom powder to sugar syrup when the syrup is ready. Keep the heat on medium and cook, stirring continuously to prevent the mixture from sticking to the pan.

In about 10 to 15 minutes, the mixture will start to come away from the sides of pan easily – this is the signal to turn off the heat. Immediately pour the mixture on a flat, ghee applied tray. Level it evenly with a spatula, and cut into squares. Let cool.

When the burfi is thoroughly cool, cover the tray with another tray. Reverse and gently tap to loosen the pieces. Separate the squares and store them in an airtight container. Because the burfi doesn't have any milk products, almond burfi will stay fresh for up to a month.

Recipe link:

<http://www.themahanandi.org/2011/01/05/almond-burfi-badam-burfi>

32. Kova Billalu

From the blog: www.cookingwithsiri.com

Blogger Name: Siri



Ingredients

2 cups Khoya
1.5 cups sugar
4-5 tsp water
ghee

Method

1. Heat a pan on low flame, add water and sugar. Stir slowly for about 10-12 mins. Let it melt and make sure the sugar mixture is in white color. (not to turn into brown color).
2. Now, slowly stir in the khoya. It will need some muscle power so that both khoya & sugar blend together well. Note: It should be in a consistency where you can make balls out of it. Turn off the heat.
3. On a plate, rub some ghee and evenly spread the khoya-sugar mixture. There are two ways you can shape them.
 - a) Rub little ghee between palms and start making small balls
 - b) take a plastic cover, rub ghee on it and shape them howsoever you want..:-)

Store in an air tight container.

Recipe link:

<http://www.cookingwithsiri.com/2011/07/i-could-talk-about-my-grandmom-ammama.html>

33. Wheat & Nut Laddoo

From the blog: <http://www.indianvegetariankitchen.com/>

Blogger Name: Mahima



Ingredients

Whole Wheat Flour-1/4 cup

Assorted dry fruits & nuts-1/4 cup(to be ground) + 1 tsp(to be added while rolling into balls)

Butter-1 tbsp

Sugar-1 tbsp(powdered or granulated)

Cardamom-1/4 tsp

Method

1. Melt butter and prepare ghee. Add the flour and roast on low flame till golden brown(about 3 minutes).
2. Grind 1/4 cup of assorted dry fruits & nuts without adding water.
3. You can use any nuts of your choice. I used a mixture of almonds, walnuts, roasted cashews, raisins, dried apricot, sweetened coconut flakes, dried pineapple.
4. When the flour is still warm, add the ground nuts, cardamom, sugar and a tsp of broken nuts. Mix well and shape them into small balls.

Note: Use dry roasted unsalted cashews. Other nuts can be added raw.

Recipe link:

<http://www.indianvegetariankitchen.com/2010/01/wheat-nut-laddoo.html>

34. Paneer- Mawa-Pistachio

From the blog: <http://www.ramyaacooks.com/>

Blogger Name: Ramya



Ingredients

2 1/2 cup grated Paneer(Used the storebought paneer block)

1 1/4 cup Mawa powder

1/4 cup dry coconut powdered

3/4 cup powdered sugar

4 green cardamom powdered

1 tsp rose water

3 tbsp pistachios finely powdered + 2 tbsp pistachios coarsely powdered + couple of pistachios for garnishing

Method

1. Grate the Paneer using a grater(Grating the paneer will help to knead easily). Knead it well to form a dough.(This step alone will take somewhere around 7 to 10 minutes - I have a severe shoulder pain, so you might be able to finish off even early).
2. Add the mawa and mix until well combined, followed by rest of the ingredients.
3. Pinch out a key lime sized dough and make ladoos.
4. Garnish with sliced pistachios .Store in an airtight container and keep it refrigerated.

Recipe link:

<http://www.ramyaacooks.com/2011/08/paneer-mawa-pistachio-ladoos-indian.html>

35. Chandrakala

From the blog: www.premascook.com

Blogger Name: Prema



Ingredients

For Khova:

1 litre Milk
1/2 cup Sugar
1/4 cup Almonds - pistachios -cashew (sliced)(optional)
1/2 tsp cardamom powder

For Chandrakala:

2 cups Maida/plain flour
2 tbsp Ghee
2-3 tbsp water/as needed to knead the flour
a pinch Salt
Oil/Ghee for deep frying

1 cup sugar (for syrup)
Few Kesar /pistachios
Khoya for stuffing

Method

Khova:

1. Heat the milk in a heavy bottomed pan. Bring it to boil. Once it starts boiling, then lower the heat - something in the middle of low-med.
2. Stir it once every 10 min to make sure that the milk does not stick to the bottom.
3. Add the Cardamom Powder and sugar. The milk is about an hour and half or so, slowly starts reducing in volume and turns into sandalwood yellow colour.
4. After 1 hours or so, it thickens and this is a point when it becomes mandatory that attention is given and stirring is must on a continuous basis. Otherwise it will stick to the bottom. At final stage it will be like thick paste. Remove it from the stove, Transfer it into a serving bowl and cool it for sometime. Khova is ready for stuffing.

You can mix the grated Pistachio/almonds in Khova for crunchy taste.

Chandrakala:

1. Add the maida flour and salt in a large mixing bowl. Add ghee and start kneading the dough. Add water little by little and knead them again till the dough become soft. Cover and keep aside.
2. Roll each dough pieces like small poories. Place stuffing in the center of the poori and close it.
3. Fold in the edges. Repeat this step with remaining dough.
4. Prepare the sugar syrup by boiling sugar and water into thick consistence. Fry all chandrakala one by one in a ghee/oil at moderate temperature, till it turns golden.
5. Take it out and soak the chandrakala immediately in prepared sugar syrup for 10 minutes and then arrange it in a tray.
6. Garnish it with grated pistachios/saffron strands.

Recipe link:

<http://www.premascook.com/2011/02/chandrakala.html>

36. Badam Puri

From the blog: <http://simplysara07.blogspot.com/>

Blogger Name: Saraswathi Iyer



Ingredients

Maida(All purpose flour) – 2 cups
Dalda or Vanaspati – $\frac{1}{2}$ cup
Oil/ghee for deep frying
Grated Dry coconut for garnishing(optional)
Orange colour – a pinch(optional)

For sugar syrup

Sugar – 2 cups
Water – $\frac{1}{4}$ cup

Method

1. In a wide bowl, put maida, dalda and mix well slowly by hand. Once it is mixed well, sprinkle little water and knead like chapathi dough. Once it is thick in consistency like ball take 2 tablespoons oil and coat it. Leave it for 1-2 hours by closing a lid.

Now make Sugar Syrup:

1. In a bowl add sugar and water. Heat in low flame until sugar dissolves. Stir occasionally. Allow it to thicken slightly. Consistency should be such that when touched with 2 fingers and separated, thin string like should be formed. (avoid touching while it is hot you may wish to use a spoon to take little portion, cool it and then test the consistency). Sugar syrup should be sufficient to soak each lot of puris.

For Badam Puri:

1. Beat the dough nicely and make it soft. Make small balls. Flatten it into small round shape (Like doing for Puris). Fold it twice once to half and again to quarter. So you get a triangle shape.
2. Heat oil in low medium flame in a Kadai and deep fry these till golden brown.
3. Soak the first lot in the sugar syrup until next lot is ready for soaking. Allow it to cool. Repeat same process for all the remaining puris.
4. Garnish it with grated copparai(Dry coconut).

Recipe link:

<http://simplysara07.blogspot.com/2009/05/badam-puri.html>

37. The Phirni

From the blog: <http://www.sandhyas-kitchen.blogspot.com/>

Blogger Name: Sandhya



Ingredients

Whole Milk	1.25 l
Cinnamon Stick	2 *1" long
Rice	3/4th Cup
Sugar	3/4th –1 Cup
Walnuts	For Garnishing
Almonds – peeled & sliced	For Garnishing

Method

1. Soak the rice in water for at least 2 hours . Drain the water and powder the rice until coarse.
2. In a steel saucepan , bring the milk to boil with the cinnamon stick .
3. Add the ground rice and stir at regular intervals. If you feel there is a lump formation happening , run ur hand blender through the mixture on the stove and give it a good whizz a few times..This process with help the lumps to vanish.
4. When the rice is completely cooked , include the sugar ,stirring occasionally. Cook until the sugar is completely dissolved .
5. Cook on low flame for another 10 minutes. Remove from the heat. Let the phirni cool down completely and allow it to chill for minimum 2-3 hours .
6. To serve ,Pour the phirni in individual matka's , garnish with sliced almonds & walnuts.

Recipe link:

<http://sandhyas-kitchen.blogspot.com/2011/09/sweet-rice-pudding-phirni.html>

38. Chana Dhal Halwa

From the blog: <http://vidyascooking.blogspot.com/>

Blogger Name: Vidya Lakshmi



Ingredients

1/2 Cup Chana Dhal / Split Chick peas
1/2 Cup Sugar (Powdered)
2 1/2 Tbsp Clarified Butter / Ghee
2 Tbsp Oil
2 Pods Cardamom
1 Clove

15 Cashew nuts
10 Almonds
10 -15 Golden Raisins
1 Pinch Yellow Food Color
Almond Essence Few Drops or saffron strands.
1/4 Cup Water.

Method

Khova:

1. Wash the chana dhal and soak for 2 1/2 hours or till the dhal doubles in size.
2. In a mixer grinder or a coffee grinder add the sugar and powder the sugar set aside.
3. Drain all the water once the dhal has doubled and add to a mixer blender and grind to a paste but not to a fine paste a bit coarse is better the halwa will have nice texture.
4. Heat a heavy bottom pan or use a nonstick pan or kadai and add the 2 tbsp oil and clarified butter tip in the chopped almonds, cashew and raisins fry for a bit drain all the fried nuts and reserve. leave the oil and butter in the same pan.

Lets Prepare: In the same oil and clarified butter which we fried the nuts add the prepared dhal paste and stir for 5 min till the moisture evaporates until you get a ball consistency. tip in the powder sugar and stir and incorporate the sugar into the dhal eventually the sugar will melt and add the crushed cardamom pods and the clove mix well add 1/4 cup of water and keep stirring the mixture for 10 mins by now your dhal sugar and the spice will have incorporated well keep on stirring and keep add the rest of the oil and butter mixture to the halwa by 15 mins the halwa will start having nice texture adjust the flame from medium to slow now and then and keep on stirring add the food color and almond essence and stir well the more you stir the better halwa in 20 mins time you should see the entire moisture evaporated and the stickiness almost gone your almost there keep stirring for another 10 more mins by now the halwa would have evaporated complete moisture and have a nice gloss mix the fried nuts in and serve hot...Enjoy...:)

Recipe link:

<http://vidyascooking.blogspot.com/2010/11/chana-dhal-halwa.html>

39. Payasam

From the blog: <http://cookingupsomethingnice.blogspot.com/>

Blogger Name: Vandana Rajesh



Ingredients

Milk-1 ltr
Vermicelli-1 1/2 cups
Sugar- 1 to 1 1/2 cups (as per taste)
Elaichi or green cardamom-2 to 3
Cashews and raisins (fried in ghee) - a handful
Ghee-2 to 3 tbsps

Method

Fry the vermicelli in the butter till golden brown. Add boiled milk and stir continuously. Add the sugar and keep stirring regularly. Stir till the vermicelli cooks completely and the payasam is slightly thick in consistency. Do not make it too thick as it thickens further after cooling. Add the fried cashew and raisins and Enjoy!!

Recipe link:

<http://cookingupsomethingnice.blogspot.com/2008/04/payasam-kerala-treat.html>

40. Boondhi Ladoo

From the blog: <http://anyonecan-cook.blogspot.com/>

Blogger Name: Chitra Ganapathy



Ingredients

Gram flour / Kadala maavu - 3/4 cup

Rice flour - 1 tbsp

Cooking soda - 1 pinch

For Syrup :

Yellow color - 2 pinches

Sugar - 1.25 cups

Water - As required

Cardamom- 4 nos (powdered)

Cloves - 3 nos

Cashews - 10 nos (Broken into two)

Method

1. Take the flour & cooking soda in a bowl. Add water and make a batter of bajji consistency (Batter must be smooth & thick)
2. Heat oil in a kadai .Take the batter and pour it in a sieve or ladle with round holes.
3. Tap it gently so that small balls of the batter fall into the oil.Fry in batches and set aside. (Do not deep fry the balls till crispy . The balls should be soft .So fry for few seconds)
4. Now take the sugar covered with water in a bowl and make the syrup of two string consistency.
5. Add cardamom powder, yellow color, Fried cloves & cashews.
6. Add the fried balls to the syrup and mix well.
7. Grease the hands with ghee and make balls of desired size when the mixture is still warm.

NOTE :

- If the mixture cools , balls cannot be made properly.
- If the sugar syrup crystallizes before mixing the fried balls, add little water to the syrup , boil and bring it to the correct consistency.
- Store the ladoos in an air tight container .Its shelf life is 10 days.

Recipe link:

<http://anyonecan-cook.blogspot.com/2011/05/boondhi-ladoo-laddu.html>

41. Ragi Rava Ladoo

From the blog: <http://ammajirecipes.blogspot.com/>

Blogger Name: Sreevalli



Ingredients

1/2 cup Ragi
1/2 Coconut pieces
1 cup grated Jaggery
1/2 cup sliced Almonds & Raisins
1 Tbs Elachi powder
1tsp Butter

Method

1. Ragi grains are hard to grind as they are. So you need to sun dry them or just dry fry for few secs in a hot pan and grind them.
2. Heat a pan n add ragi grains to it. Dry fry them for few secs.
3. Coarse grind Ragi grains to get a rava texture. Now heat a pan with 1 tsp of butter. and fry ragi rava for 5mins or till the nice aroma comes out of it. Switch off pan and allow it to cool.
4. I used fresh coconut as it has the wetly texture which blends all the ingredients together.
5. Grind coconut and keep aside.
6. Now mix all the ingredients in a bowl together. (No need to add milk or butter to make balls)
7. As the coconut is fresh u will be able to roll nice ladoos as shown.
8. Out Come: They are very tasty with all those almonds, raisins ,Elachi & jaggery. I love to call it a healthy bite.

Recipe link:

<http://ammajirecipes.blogspot.com/2011/08/ragi-rava-ladoo.html>

42. Beetroot Halwa

From the blog: <http://hemskitchen.blogspot.com/>

Blogger Name: Hema Mahen



Ingredients

Beetroot - 1 peeled & grated

Sugar- 1/4 cup

Milk - 1 1/2 cup

Ghee- 1/4 cup

Cashew nuts - 2 tsp

Cardamom powder - 1 tsp

Method

1. In a pan, add 2 tsp of ghee and saute the grated beetroot in a medium flame for 5 to 7 mins until the moisture is evaporated.
2. Add milk and continue to cook in medium flame, stirring occasionally until all the milk is absorbed and the beetroot is cooked.
3. Once the beetroot is cooked, add sugar, cardamom powder and mix.
4. Add ghee and continue mixing for 5 mins or until the mixture becomes thick and leaves the sides of the pan.
5. Roast the nuts and add to the halwa and serve warm.

Recipe link:

<http://hemskitchen.blogspot.com/2011/05/betroot-halwa.html>

43. Puli Pithe

From the blog: <http://ahaar.blogspot.com/>

Blogger Name: Mandira



Ingredients

2 cups grated coconut
1 cup rawa
1 1/2 cups half and half
3/4 cup milk (I used 1%)
1 3/4 cup brown sugar (adjust to taste)

Method

1. Heat a thick bottomed pan or karai (wok) and cook the grated coconut, rawa with 1 cup sugar and 1/2 cup half and half till the mix comes together and starts leaving the sides of the pan. In Bengali, it's called paak.
2. Once it's done, take it off the heat and roll them on your palm as little cylinders. You won't need any extra oil for the rolling.
3. In the meantime, heat the rest of half and half with milk and sugar on low heat till it starts to thicken. It may take about an hour for the milk to become a thick creamy base. Once it's done, put the coconut and rawa puri in the milk and let it boil for another 5-10 minutes to let it absorb the milk and cream.
4. You can sprinkle some cardamom powder on top before serving. But I like it without it to full savor the taste of milk, coconut and sugar cooked together.

Recipe link:

<http://ahaar.blogspot.com/2008/08/savoring-puli-pithe.html>

44. Ukkarai

From the blog: <http://padmasrecipes.blogspot.com/>

Blogger Name: Padma Dharmaraj



Ingredients

Channa dhal - 1 cup
Jaggery(scraped) - 1 cup
Cardamom powder - a pinch
Ghee - 3 tbsp
Cashew - few pieces fried in ghee

Method

1. Wash and cook channa dhal in water for 3 whistles by adding water just to immerse the dhal. Remove and drain water and cool. Next grind them in a dry mixer/blender till they are soft/powdered.
2. Heat a pan and add the scraped jaggery and just 2 - 3 tbsp of water. When it is melted add the channa dhal paste/powder and keep stirring till they are mixed well. Also add ghee and cardamom powder and mix together for another 5 minutes. Just before removing add the fried cashewnuts and mix.

Recipe link:

<http://padmasrecipes.blogspot.com/2009/10/ukkarai.html>

45. Baadusha

From the blog: <http://spicyfoood.blogspot.com/>

Blogger Name: Princy Vinoth



Ingredients

All purpose flour 2/3 cup
Yogurt/curd 1/3 cup
Sugar 1 tbsp
Baking powder 1/3 tsp
Cardamom powder 2 pinches
Ghee 1 tsp

Method

- You need to make a nice soft dough using the flour, yogurt, baking powder, sugar(1tbspn) cardamom powder and ghee. Add enough ghee so the dough doesn't stick to your fingers.
- This will form a nice soft dough which you need to set away for about an hour.
- Then make balls of the dough and a thumb impression on the centre of each ball.
- Deep fry these flattened balls on very low heat. They will turn golden gradually.

For the sugar coating :

Sugar 2/3rd cup , Water 2/3rd cup, Seeds of one cardamom pod.

You need to add both the sugar and water on low temperature until the sugar dissolves and then heat on low flame until the sugar syrup reaches a one string consistency(when you take the syrup and let it drop from the spoon it should fall forming a string)

Once you fry the balls coat each of them in the sugar syrup and let it dry. Once they are dry, there you have yummy baadushas ready to eat :)

Tips:

1. Add enough ghee to the flour mix so it doesn't stick to your fingers.
2. I read from the original recipe that you need to make the thumb impression because of the added baking powder or else the balls will go fluffy while frying.
3. Since you need to fry the balls on the low heat, you can make the sugar syrup while frying the balls or else if the syrup cools down it crystallizes (I learnt from my mistake)
4. Don't worry about the sugar consistency it will come about gradually in about 10 mins of low heating the sugar and water.

Recipe link:

<http://spicyfoood.blogspot.com/2011/08/baadusha.html>

46. Varo

From the blog: <http://sindhirasoi.com/>

Blogger Name: Alka



Ingredients

Sugar 250 gms

Water(2 tbsp) or oil (1 tbsp)

A small cup of sliced dry fruits/nuts (Almonds, cashew nuts, unsalted pistachio, dried coconut, dried dates)

Poppy seeds 2 tbsp

Green cardamom 2-4 (Depends upon how strong flavor you prefer)

Method

1. Start with slicing the dry fruits, mix them together and keep aside.(NOTE: I added some raisins too, but the heat of sugar syrup almost charred those. So better use tough nuts)
2. You can rinse poppy seeds with hot water for couple of times and strain using tea strainer.(This is believed to reduce the morphine content of poppy seeds and also to remove the soluble dirt, if any.). Drain on kitchen towel to get rid of excess moisture.
3. Now keep a greased surface handy. Anything like a back of flat steel plate or kitchen platform (Of course squeaky clean), but grease it well with edible oil (no fragrant oil please).
4. Keep handy a bowl full of ice cubes or chilled water, just in case you scald yourself with hot sugar syrup.
5. Now in a thick bottom pan or iron kadai, mix sugar and water/oil, cardamom seeds (green elaichi) and mix well. On medium flame of burner, keep stirring the mixture, making sure, no nasty lumps of sugar are present. Break the lumps if any, with the spatula (Be sure, you are using spatula made from steel or good quality wood, coz many so called heat resistant spatulas succumb to the heat of caramelized sugar.)
6. Now be alert, monitor carefully, and as soon as the sugar melts, add the strained poppy seeds.(Be careful, if the seeds still have some water around it, there might be spluttering. So make sure you strained and kinda soaked excess water using kitchen towel.). Stir well.
7. Now depending upon how chewy or how crispy /hard you want your Varo to be (instructions given above the ingredients list), switch off the gas when the colour of sugar syrup changes to preferred colour, I chose it to be amber (Ideal).
8. Immediately put all the sliced nuts and mix well. You have to do this quickly or else there wont be even distribution of nuts.
9. Spread the mixture on a greased surface . Now the benefit of using the back of plate is that you can just tap the plate so as to get rid of tiny bubbles in the mixture. Also you can tilt the plate to spread the mixture without touching the surface (with spatula) of the mixture. It is believed that touching the surface of the praline make it lose its glaze or shine. Never tried smoothing the layer with spatula so cannot be sure if that's the case for real. In any case do not worry about smoothing the surface, the beauty of a varo lies in the uneven peaks and lows made by haphazardly placed nuts.
10. Let it cool down completely and after some time you will have a perfect crisp nutty brittle, for a crunchy munchy sweet treat.
11. Break it into pieces when its not completely hard. Or else use some pestle like tool , gently break the brittle into large pieces, once it is perfectly hard.
12. Store it in airtight container and it can last as long as few weeks to couple of months.

Recipe link:

<http://sindhirasoi.com/2010/10/28/diwali-sweets-recipe/>

47. Coconut Balls

From the blog: <http://funwidfud.blogspot.com/>

Blogger Name: Reshma Mahesh



Ingredients

Dessicated Coconut -2 cups(unsweetened)

Condensed milk-1 cup

Rose syrup-1 tbsp

Cardamom powder-1/2 tsp

Cashew nuts-1 tbsp

Ghee-1 tsp

Method

1. Heat ghee in a non stick pan and fry the cashews, break them to small pieces and keep aside.
2. In another nonstick pan boil the condensed milk, rose syrup and immediately add the dessicated coconut.
3. Cook till the mixture comes from sides of pan, then add cardamom powder along with broken cashews and mix well and remove from heat.
4. When medium warm roll to medium sized balls and roll over dessicated coconut.
5. Serve or store them in airtight box. I refrigerated remaining in airtight box.

Recipe link:

<http://funwidfud.blogspot.com/2011/05/coconut-balls.html>

48. Adirasam Sweet

From the blog: <http://tastyappetite.blogspot.com>

Blogger Name: Jay



Ingredients

- Raw rice - 2 cup
- Jaggery - 250 g
- Cardamom pwd - 1 tsp
- Sukku pwd - 1 tsp
- Oil to fry

Method

1. Wash raw rice and soak for 1 hr.
2. Strain water from it. Spread it in a cotton towel and allow to dry, till the rice grains separate out and damp.
3. Grind in a blender to fine rice flour.
4. Sieve the flour to remove any dirt or granules present in it.
5. Break jaggery to fine pwd. Take it in a thick bottomed bowl.
6. Add ½ tb water to it, allow to boil with constant stirring.
7. Filter the jaggery water to remove the dirt present and again boil with continuous stirring.
8. When the jaggery water comes to thick consistency, turn off the flame.
9. Add this to the rice flour and mix well to make a soft dough.
10. Sprinkle cardamom pwd and sukku pwd and combine well.
11. Keep the dough aside for 4 to 6 hrs.
12. Apply a drop of oil in your palms.
13. Take a small lemon sized ball of the dough, pat it flat.
14. Transfer it into hot oil.
15. Once it deep fried, roll to next side and allow to fry in medium flame.
16. Once the Adirasam turns golden brown on both sides, take aside.
17. Press in a mould, or between 2 flat plates, to remove excess oil from it.
18. Yummy...! Delicious Adirasam ready to taste.

Recipe link:

<http://tastyappetite.blogspot.com/2010/03/adirasam-sweet.html>

49. Puran Poli

From the blog: <http://manjooos.blogspot.com>

Blogger Name: Manju



Ingredients

You need,

For Stuffing

1. Split Bengal gram (chana dal) - 1 cup
2. Jaggery - grated 3/2 cup
3. Green cardamom powder - 1/4 tsp
4. Ginger - grated 1 tbsp

For dough,

1. Refined flour (maida) 1 1/4 cups
2. Salt a pinch
3. Pure ghee 1/2 cup

Method

1. Wash and boil chana dal in an open pan till it is done(it shud be powdered if you press it)
2. Drain and add grated jaggery, grated ginger , cardamom powder stirring till dry.
3. Allow and cool.Now put it in a flat surface and powder it with chapati roller pin
4. Divide the stuffing into sixteen to twenty equal portions and roll into balls.
5. Mix maida and salt. Add three tablespoons of ghee and sufficient water to make a soft dough.
6. Cover and keep aside for sometime.
7. Divide dough into sixteen to twenty equal portions and roll into balls.
8. Flatten each ball in your palm, stuff with one portion of stuffing, cover and seal the edges. Dust it with flour and roll out in medium thickness.
9. Heat a tawa and cook puran poli until done on both sides.
10. Serve with ghee or vermicili kheer :)

Recipe link:

<http://manjooos.blogspot.com/2010/11/puran-poli.html>

50. Homemade Doughnuts

From the blog: [www.ShareMyRecipe.blogspot.com](http://www.sharemyrecipe.blogspot.com)

Blogger Name: Chitra Manju



Ingredients

All Purpose Flour - 4 cups
Whole Milk - 1 and 1/8 cup
Sugar - 1.4 cup
Yeast - 1 pkt (2 and 1/4 tsp)
Salt - 1/4 cup
Butter - 1 and 1/4 stick
Eggs - 2

For the Glaze:-

Powdered Sugar - 3 cups
Salt - a pinch
Vanilla Essence - 1/2 tsp
Milk / Cool Water - 1/2 cup

Method

Boil Milk and sugar until sugar dissolves...let it cool..

When the milk is slightly warm add it to the yeast and mix lightly and keep it undisturbed for 10 to 15 mins..

After 10 mins this yeast mixture will be frothy.

Melt butter and let it cool, once cooled add the eggs and mix well...

Add the yeast mixture to this egg and butter mixture.

And beat till well incorporated.

Mix all purpose flour and salt .Add this mixture to the egg mixture little by little and form a dough.This dough will be little sticky..

5. Grease a bowl with butter or oil ..

6. Transfer the dough to this bowl and cover it with an air tight lid

7. Refrigerate it overnight.

The next day...

8. Slightly Flour the work surface.

9. Roll the dough to one inch thickness

10. Take a round cookie cutter and make circles.

11. Take another small cookie cutter or in my case i used the lid of a plastic juice bottle..to make a circle inside the big circle

13. Transfer these circles to a plate cover with aluminium foil and cover it with a damp cloth and Keep it aside for an hour .

14. After an hour the dough would have risen very well...look at the pics to see the difference..

In a pan heat oil for deep frying and fry each doughnut to golden brown color and let it cool..

17. Make the Glaze by mixing water/milk with vanilla essence and powdered sugar...i used only water in this glaze...so it was not white in color...but if we use milk instead we'll get nice white glaze.

18. Dip each doughnut in the glaze ..don't dip in fully just 1/2 or 3/4 th of the doughnut must be dipped..

19. Place these doughnuts in a wire rack and let it dry...

20. This is most important step in the whole process..... dig in...

This doughnut was very light ,airy inside and crispy outside...do i have to say more? it was absolutely divine...so friends when u crave for a doughnut try to make it at home next time...u'll surely love it..this recipe yielded about 35 doughnuts...

Recipe link:

<http://sharemyrecipe.blogspot.com/2011/08/homemade-doughnuts.html>

51. Gothambu Paayasam

From the blog: <http://ramyasrecipe.blogspot.com>

Blogger Name: Ramya Rajesh



Ingredients

Broken/Crushed wheat - 1 cup

Water - 4 cups

Dark brown jaggery - 500 gms (I used a little less)

Water - 1/2 cup

Medium thick coconut milk – 3.5 cups (I added 1.5 cups water to 2 cups thick coconut milk)

Thick coconut milk – 1 cup

Ghee - 2 tsp

Crushed Cardamom – 3

For garnishing

Ghee – 1 to 2 tsp

Cashew nuts- 1/4 cup

Raisins – 1/4 cup

Coconut pieces (bite sized) – 1/2 cup

Method

1. Pressure cook crushed wheat with water for 2-3 whistles. It should be cooked well. Broken wheat may take a longer time. Wait till pressure is released completely.
2. Meanwhile melt jaggery in 1/2 cup of water. Strain it to remove impurities if any. Pour this to the cooked wheat and combine well. Add ghee and cook till jaggery is almost dried up. Add medium thick coconut milk and ghee and let it boil. Simmer till the payasam becomes thick. Add crushed cardamom also.
3. Now add the thick coconut milk. Simmer for 5 more minutes in low flame. Do not boil after adding thick milk
4. In a small pan, heat ghee and add coconut pieces, when it changes to light brown, add raisins and cashewnuts. Pour this to the payasam.

Recipe link:

<http://ramyasrecipe.blogspot.com/2011/09/gothambu-broken-wheat-payasam-onam.html>

52. Mawa Gujiya

From the blog: <http://smart-snacks.blogspot.com/>

Blogger Name: Alpana



Ingredients

For The Filling:

200 gms Khoya/Mawa
2 tablespoon desicated coconut
2 tablespoon sugar
1/2 tsp green cardamom powder
1/2 cup chopped mixed nuts(almonds, pistachios, mellon seeds, raisins/ kishmish)

1/2 cup water at room temp.

Garnish:

1 cup sugar
1/2 cup water
2 tablespoon finely sliced almonds & pistachios

For The Crust:

1 cup all purpose flour(maida)
1 tablespoon fine sooji(semolina)
2 tablespoon oil

Method

Filling:

1. Mash the khoya, transfer to a pan & start cooking on medium heat until it becomes soft. Add sugar, nuts, cardamom powder & coconut powder. Stir continuously until the mixture starts leaving the sides of the pan. Switch off the heat.

2. Set aside & let it cool (the mixture should be slightly moist after cooling, if it seems too dry add a tsp of warm milk & moisten a little)

Crust:

1. Mix flour, sooji & oil in a bowl, make a soft dough adding water as needed. Knead the dough 2-3 mins. until it becomes soft & even.

2. Roll the dough into a ball, cover it with a damp cloth & let it sit for about 10 mins.

Making the gujiya:

1. After 10 mins. knead the dough again for a min.

2. divide dough into 20 equal parts & roll into small balls.

3. Divide the filling also into 20 equal parts & roll each portion into the palm of your hands (this is how I do it as it becomes very easy to be placed in the dough)

4. With a rolling pin roll each ball into approx. 4" diameter rounds.

5. To fold the gujiyas, moisten the edges of each rolled dough round with the tip of your finger dipped in water.

6. Place a portion of the filling on each round on one half side, fold in a semi-circle & press the edges with the tip of your finger or a fork. A fork helps to seal the edges tightly & beautifully.

8. Heat enough oil for frying in a pan or wok. To test if the oil is hot enough drop a small piece of the dough into the oil, it should start sizzling but come up onto the surface slowly. If the piece of dough comes up immediately this means the oil is too hot. In this case turn off the heat for sometime & let oil cool a little.

9. Place the gujiyas in the oil one by one. Fry 4-5 gujiya batches. As the gujiyas start floating on the oil, turn them slowly. Fry gujiyas on medium heat until they turn golden on all sides. If fried on high heat the crust will remain soft & the inner layer will be uncooked.

10. When golden, remove from oil & place on kitchen paper.

Finish with Garnishing:(Optional)

1. Boil sugar & water in a pan on medium heat until syrup is of 1 thread consistency. Turn off the heat.

2. Dip gujiyas in sugar syrup & remove immediately. Place on wire rack to drain excess syrup.

3. Garnish with sliced almonds & pistachios while still moist.

4. Serve fresh or can be stored for upto 15 days.

5. The gujiyas can also be eaten without dipping in sugar syrup if cutting out on sugar.

Recipe link:

<http://smart-snacks.blogspot.com/2011/06/mawa-gujiya.html>

53. Pistachio and White Chocolate Burfi

From the blog: <http://sinfoodie.blogspot.com/>

Blogger Name: Sushmita



Ingredients

1 cup + 5 tbsp shelled pistachio
1/3 cup + 2 tbsp sugar
1/4 cup water
Ghee/Clarified Butter 1 tbsp
2 Cardamom powdered
White chocolate - 4oz

Method

1. Blanch the pistachios in boiling water for 2-3 minutes
2. Drain the water and remove peels.
3. Chop 5 tbsp blanched pistachio and keep aside.
4. Grind 1 cup pistachios to a paste without adding any water
5. Heat water and sugar to make a sugar syrup till it reduces to 1 and half Tbsp syrup.
6. Add the pistachios, cardamom powder and ghee/clarified butter and start stirring continuously till you see the mixture forms into a soft ball.
7. Spread it onto a greased plate and smoothen the top.
8. Cut it into desired shapes when cooled for burfis
9. For White chocolate cover.

Melt white chocolate and mix till it smoothenes.

Cut parchment papers double the size of the burfis. Put a layer of chopped pistachios on it. Cover it with melted chocolate and smoothen the top using a spatula.

On one half of the parchment paper, place the burfis. Cover it with second half and freeze for 30 mins till the chocolate hardens.

Remove the parchment paper once the chocolate is set

Recipe link:

<http://sinfoodie.blogspot.com/2011/03/pistachio-and-white-chocolate-burfi.html>

54. Kalakand

From the blog: <http://riappyayan.blogspot.com/>

Blogger Name: Indrani Dhar



Ingredients

Paneer/Indian Cottage cheese : 500 gm.
Milk powder : 2 tbsp. (heaped)
Low-fat Condensed milk : 1 tin. (~15 oz./450 gm.)
Green Cardamom powder : 2-3 tsp.
Ghee/butter : 2 tblsp.
Food Color(Orange) : 1/2 tsp.(optional)

Method

Mash paneer coarsely. Add milk powder to it and mix well and again mash the mixture for some time, until the texture is not only mushy, but kind of grainy.

Heat a wide pan, add ghee to it, leave a little to grease a plate. When ghee is totally melted, add paneer mixture to the pan. Stir for a minute.

Then add 2/3 of condensed milk and mix with paneer well. Don't forget to stir the mixture all the time, otherwise it'll stick to the pan and burn and lower the heat to medium. Adding color to it, isn't necessary, as Kalakand is normally White in color. If you want to add the color, add it now and stir immediately to mix it evenly in the paneer mixture.

Cook the mixture, stirring continuously for about 5 minutes. Then taste the sweet level, if you think it is well as per your taste, then add rest of the condensed milk accordingly. Mix the milk well. Cook the mixture until it dries up

Remove from heat and add cardamom powder and mix well.

Grease a plate with rest of the ghee and pour the cooked paneer mixture on the plate and spread evenly.

Cool for 1/2 an hour and then cut into desired shapes, square or diamond shape.

Recipe link:

<http://riappyayan.blogspot.com/2010/10/rituals-of-durga-puja-days-and-kalakand.html>

55. Mango Coconut Ladoo

From the blog: <http://sravsc.blogspot.com/>

Blogger Name: Sravani



Ingredients

Shredded Coconut fresh/dry – 2 cup

Mango pulp – 1/2cup

Sugar – 4tsp

Cardamom powder – a pinch

Ghee – 1tsp

Water

Method

1. In a cooking vessel mix sugar with little water and make simple sugar syrup.
2. When syrup becomes think add shredded coconut and cook for 10-15 mins.
3. Add mango pulp and mix well and cook for 5 mins.
4. Make small rounds while the mixture is warm, do not allow to cool.
5. Cool and store in air tighter box.

Recipe link:

<http://sravsccl.blogspot.com/2011/03/mango-coconut-ladoo.html>

56. Balushahi

From the blog: <http://deeskitchen-deeksha.blogspot.com>

Blogger Name: Deeksha



Ingredients

APF 250 gm
Baking Powder 1/4 tsp
Cooking Soda a pinch
Curd 100 gm
Desi Ghee 50 gm
Sugar 1 Cup
Oil For Deep Frying

Method

1. Mix APF, baking powder, cooking soda in a bowl.
2. Add ghee and rub it with your fingers to make it crumble.
3. Add curd and mix the dough very gently. Do not knead very much.
4. Rest it for twenty min.
5. Make small balls out of the mixture. Make a dent in the center of the ball by using thumb.
6. Heat oil and fry these balls on low flame till it turns brown in color form both sides.
7. Prepare sugar syrup of one string consistency. Add lime juice to it.
8. Dip the balls in sugar syrup for thirty min..
9. Remove the Balushahis from syrup. Transfer them on a serving plate. Garnish with chopped pistachios and cardamon powder and Serve...!!

Recipe link:

<http://deeskitchen-deeksha.blogspot.com/2011/09/balushahi-for-blog-hop-wednesday.html>

57. Badam Puri

From the blog: <http://sumscuisine.blogspot.com/>

Blogger Name: Sumana



Ingredients

All Purpose Flour (Maida) – 2 Cups
Ghee – 1 ½ Tbsp
Baking Powder – ½ teaspoon, optional
Food color – 1 pinch/drop, preferably saffron or yellow
Salt – a small pinch
Cooking oil for deep frying
Water

For Sugar Syrup:

Sugar – 1 Cup
Water 1 Cup

Method

Dough:

- In a bowl, add ghee, baking powder, salt and food color and beat it for 5-10 minutes continuously with your fingers
- Once the ghee forms a very smooth paste, add flour and mix thoroughly
- Add a little water and form a soft dough, neither too tight nor too loose
- Knead the dough for at least 8-10 minutes ensuring there are no cracks in it

Sugar Syrup:

- Meanwhile in another vessel mix water and sugar and boil it
- Food essence may be optionally added for enhanced aroma
- A pinch of color can be added as well for attractive color

Badam Puris:

- Now make small TT-ball sized balls out of the dough
- Roll out puris of about 4" diameter
- Fold it first into half and then again, making it 4 layered
- Slightly press it, using the rolling pin so that the layers are held closely
- Heat oil in a frying pan and fry these rolled and folded puris one by one in medium low flame till golden brown. The puris puff up and increase in size when fried.
- Drain excess oil by spreading it on a kitchen towel / tissue
- Drop the puris one by one as they are fried into the sugar syrup prepared
- After 5-6 minutes take out the sugar soaked puris from the syrup, in the order that they were dipped, and spread them out on a dry plate.
- The coated syrup is absorbed and the Badam-puris become dry in sometime

Serve it immediately when still hot or after cooling

Tips n Tricks:

- Knead the dough enough to get a uniform texture
- The sugar syrup should be thicker than that for Gulab Jamuns, so that the puris do retain crispiness, yet absorb the sweetness
- Do not wait for too long after the syrup is made, as the syrup starts solidifying when cooled

Recipe link:

<http://sumscuisine.blogspot.com/2009/11/badam-puri-layered-soft-yet-crispy.html>

58. Boondi Laddu

From the blog: www.cilantroonline.com

Blogger Name: Cilantro



Ingredients

Set 1

2 cups gram flour/besan
2 cups sugar
oil for deep frying the Boondis
1/4 teaspoon saffron

Set 2

2 tablespoons chopped cashewnuts
1 tablespoon raisins/dry grapes
1 teaspoon cloves
1/2 teaspoon powdered cardamom
2 tablespoons chopped almonds/badam (optional)
2 tablespoons chopped pista (optional)

Method

1. Mix gram flour with just enough water to make a thick batter (like dosai batter). Add the saffron .
2. Heat clarified butter (ghee)or Oil.
3. Through a Boondi karandi/sieve (as shown in pic), gently place batter drops into the hot oil. Fry till golden yellow and drain out. They should be 3/4 th done.
4. Continue till all the batter is used. Reserve the fried drops as boondis.
5. Heat sugar with 3/4 cup water and make a sticky syrup of one-thread consistency.
6. Fry the ingredients in Set 2 in little ghee.
7. Add fried boondis, fried ingredients in Set 2 and cardamom powder and mix well.
8. While still warm, shape the syrup-coated boondis into round laddus, and leave till dry. Store in airtight containers

Tips: One cup makes about ten laddus. Store in refrigerator for longer shelf life. Boondis should not be fried completely, then they will turn crisp. They should be 3/4 fried to absorb the sugar syrup.

Recipe link:

<http://www.cilantroonline.com/2010/02/boondi-laddu.html>

59. Saffron Paneer Burfi

From the blog: <http://priyaeasytastyrecipes.blogspot.com>

Blogger Name: Priya Suresh



Ingredients

2cups Paneer
1/4cup Milk powder
1/2cup Sugar
6tbsp Ghee
Few Saffron strands
1/4cup Powdered Almonds
Few melon seeds

Method

Take the paneer,saffron strands, milk powder, powdered almonds, sugar, mix everything well,keep aside..Heat the ghee in a heavy bottomed pan, add this mixture and stir in low flame until the ghee gets separates..Remove from the heat and pour this paneer burfi over a greased plate,spread the burfi with a flat spoon..Sprinkle the melon seeds over the mixture, keep aside and cool completely..

Cut as desire..Enjoy!

Recipe link:

<http://priyaeasytastyrecipes.blogspot.com/2010/10/saffron-paneer-burfi.html>

60. Rasabali

From the blog: <http://pran-oriya-recipes.blogspot.com/>

Blogger Name: Pranati



Ingredients

1 cup chenna (mashed paneer)
½ tsp baking soda
1 teaspoon sooji
1 tsp maida
Sugar- 2tblsp (to make the chenna balls)
1 litre milk & ½ cup milk powder
Saffron few strands
1 ½ cup sugar
4 cardamom crushed
½ tsp cardamon powder
Oil for deep frying
Sliced almonds or cashews for garnishing

Method

In a bowl add mashed paneer, maida, suji, soda, sugar and cardamom powder. mix it & make a smooth dough, make small balls & flatten it by using your palms as shown in the below pic. and keep aside.

Meanwhile Boil milk in a heavy bottom vessel in low- medium flame. Let it boil.

Take 1 cup of lukewarm milk & add milk powder to it. Pour the milk powder paste to the above boiled milk. keep stirring on a low heat.

Add crushed cardamoms, sugar & kesar strands. Mix properly. Stir continuously & Cook for 40-45 mins. till the milk is reduced to half the amount.

Heat sufficient oil in a kadai and Add the previously done chenna balls one by one & deep fry them till both the sides turn to golden brown in colour. (Don't fry more otherwise they will become strong).

Drain excess oil in a kitchen tissue paper.

Add the balls to the boiling milk. Boil for another 3-4 min in a low flame. switch off the flame.

Let it cool. Garnish it with sliced almonds & cashew nuts.

Recipe link:

<http://pran-oriya-recipes.blogspot.com/2011/08/orissa-famous-delicious-rasabali.html>

61. Saate

From the blog: <http://vanilohith.blogspot.com/>

Blogger Name: Vani Hegde



Ingredients

2 large cups of all purp. flour / maida
Ghee / dalda - 1/4 cup
Sugar - 2 cups
Pinch of salt
Water
Oil for deep frying
Nylon cloth

Method

Mix all purp flour, salt and ghee / dalda nicely. To this, Add water little by little and prepare a non - sticky dough like chapathi dough.

Close it with a lid and allow it rest for 10 minutes.

Divide the dough into 2 equal parts (this is just for convenience; you can use the whole quantity at once).

Roll the dough like a big chapathi.

Fold it twice and you will get a triangle shape. Roll it again like chapathi and fold it.

Repeat this step at-least 15 - 16 times to get lot of layers.

Finally, roll it into 1 inch thick chapathi and cut into circle or any other chapes.

Combine the remaining dough, roll it 15 - 16 times and cut them.

Prick the circles with a fork to avoid puffing up. Also, it helps to cook the inner layers of saate nicely.

Add very little water to the sugar just to liquidize it and bring to boil. Prepare a thick sugar syrup. Consistency should be such that, if it becomes cool, it should crystallize.

Heat oil in a heavy bottom pan. Deep fry the Saate on low or medium flame for around 20 minutes or until it becomes crispy.

Transfer the deep fried Saate onto a tissue paper to absorb the excess oil.

Once Saate becomes cool, arrange them on a nylon cloth.

Heat the sugar syrup and liquidize it. Pour around 3 spoons of sugar syrup on the top of each Saate and spread it little-bit.

Once the sugar syrup is settled and crystallized, its the time to take out the Saate from the cloth.

Enjoy the Saate with your family and store the remaining in an airtight container. It will last upto a week if preserved properly.

Recipe link:
<http://vanilohith.blogspot.com/2011/09/saate.html>

62. Dates Nuts Laddu

From the blog: <http://erivumpuliyumm.blogspot.com>

Blogger Name: Julie



Ingredients

dates 15-20 deseeded
almond 1/3 cup cut pieces
pistachios 1/3 cup cut small
cashewnut 1/3 cup
sunflower seeds 1/3 cup
cake fruit mix 1/3 cup
Ghee 3tsp
sugar 2 tsp(optional)

Method

Chop all nuts into small pieces.

Chop the dates into small.

Heat ghee in a pan ,roast all the nuts.

Add the cake fruit mix and toss.

Add the dates and keep stirring, till it starts melting.

Add the sugar and stir well.

Put off the flame and shape into balls when warm.

Dates laddu is ready to serve.

Recipe link:

<http://erivumpuliyumm.blogspot.com/2011/06/dates-nuts-laddu.html>

63. Bread Gulab Jamun

From the blog: <http://www.nithubala.com/>

Bloger Name: Nithu Bala



Ingredients

1. Bread - 4 slices
2. Milk - 3 tbs
3. Sugar - 1/2 Cup
4. Water - 1 Cup
5. Cardamom - 4
6. Oil/Ghee - To fry

Method

1. Cut the brown part in the breads and then add milk. Make them into a soft chappathi dough consistency and make small balls.(Adjust milk according to the number of breads)
2. Add sugar and cardamom to water. Boil and make a syrup. Keep aside.
3. Heat oil/ghee in a pan.
4. Add the bread balls and fry till they turn brown in medium heat.
5. Drop them in syrup and let it soak for atleast 30 minutes.

Recipe link:

<http://www.nithubala.com/2010/01/bread-gulab-jamun.html>

64. Home made Paal Kova

From the blog: <http://recipe-excavator.blogspot.com/>

Blogger Name: Sangeetha



Ingredients

Milk - 3 cups

Sugar - 6 spoons

Cardamom powder - 2 Nos.

Ghee - 2 spoons (Optional)

Method

Boil 3 cups of milk in a thick bottomed pan by adding required sugar and cardomom powder. Stir it well. Keep it in flame until it comes to Paal Kova consistence/Thick consistency. 5 mins before u put off the flame, add 2 spoons of ghee. Allow it cool for 15 mins.

Very simple preparation with less ingredients but will consume lot of time.

Sending this recipe for the theme event Healthy Summer conducting by Kurinji.

Recipe link:

<http://recipe-excavator.blogspot.com/2011/05/home-made-paal-kova.html>

65. Red Rice Rava Kheer

From the blog: <http://www.ambrotos.blogspot.com/>

Blogger Name: Richa Priyanka



Ingredients

Red rice rava, can also use Roasted rava - 1/2 cup

Jaggery - 3 tbsps

Milk- 1/2 Litre

1/2 tin of condensed milk

Dry fruits of choice to add in kheer (I used raisins)

Ghee - 1 tsp

Method

Bring the milk to a boil in a heavy bottomed pan. Add the washed red rice rava. Cook till the rava turns soft. Let the milk thicken.

Once the mixture begins to thicken, add the condensed milk. Let it cook well.

Once the kheer has a thick consistency, take off from flame. Let it cool.

Add the jaggery. In a tadka ladle, heat ghee and fry the dry fruits, add to the kheer and mix well. Serve warm or chilled.

Recipe link:

<http://ambrotos.blogspot.com/2011/10/red-rice-rava-kheer.html>

66. Jeera Poli

From the blog: <http://moicuisinecorner.blogspot.com/>

Blogger Name: Gowri Sivaramakrishnan



Ingredients

For making Poli:

Majda/All purpose flour - 1 cup+1/4 cup for dusting the balls
Salt - As required
Water -For kneading

For frying the polis:

Oil - As required for frying the polis

For the sugar syrup:

Sugar -1.5 cups
Cardamom powder - 1 tsp
Kesari powder - A pinch

Method

- 1.Sieve maida/All purpose flour and add it in a wide vessel.Add required salt to it.
- 2.Add little water and form a dough.The consistency of dough is similar to that of chapathi flour.
- 3.Leave the dough to rest for 15 minutes and make small balls out of it.
- 4.Dust the balls with all purpose flour and make the balls into round chapathis(The very same way as you roll chapathis).
- 5.In another wok add oil and heat it.
- 6.Once the oil gets heated add the chapathis made and fry on both sides till it turns golden color and the result is yummy poli.Allow the polis to cool and keep it ready.
- 7.In a separate wok add the sugar and add water to it.(Add water in such a way that the sugar gets immersed in water).
- 8.Add cardamom powder and a pinch of kesari powder to the sugar mixture(Kesari powder is added for the color).
- 9.Wait till the sugar reaches string consistency.(To check for the consistency take a vessel and pour water in it.Add a drop of sugar syrup into the vessel.With your index finger touch the sugar syrup and with the help of your thumb finger see if you can get a string with the sugar syrup.If you are getting it then the sugar has reached the string consistency else allow the sugar to boil for some more minutes till it attains the consistency).
- 7.Switch the stove off and allow the sugar syrup to cool.
- 8.Once the sugar syrup is cooled immerse a poli into the sugar syrup and make sure that the poli is coated with the syrup.Turn the poli and make it to get coated in other side as well.Drain excess sugar syrup from the poli and store it in a clean container.
- 9.The jeera poli is ready for serving.

Recipe link:

<http://moicuisinecorner.blogspot.com/2011/10/jeera-poli.html>

67. Pineapple Pudding

From the blog: <http://hasnasdelights.blogspot.com>

Blogger Name: Hansa



Ingredients

Pineapple
milk 1 cup
chinagrass 5 gm
cashew 10
dates 10
marie biscuits
nestle cream 1
condensed milk 1/2 tin
sugar 3 tbs +3tbs +1 tbsp or more according to taste
almonds for garnish

Method

1. Cut the pineapple into small pieces. I didn't cut the pineapple into small pieces becos of which it was difficult to serve .
2. Heat 3 tbsp of sugar with pineapple in high flame till all the water disappears. Stir the pineapple in between. Let it cool.
3. Layer these pineapples in a pudding tray.
4. Layer marie biscuits on top of pineapple followed by dates & cashews.
5. Boil milk, sugar & condensed milk. let it cool
6. Dissolve china grass in a cup of water.mix it with the milk.If the china grass chunks are seen in the milk, blend it in the juicer.
7. Pour this over the layers without disturbing the layers..allow it to set in the refrigerator.
8. Beat nestle cream with a tbsp of sugar & any color.(sugar is optional here).Pour this over the pudding once it is cooled.
9. Garnish with almonds , cool it...& have it :)

Recipe link:

<http://hasnasdelights.blogspot.com/2010/12/pineapple-pudding-with-datescashews.html>

68. Kadu ka halwa

From the blog: <http://mykitchenaroma.blogspot.com>

Blogger Name: Saritha



Ingredients

Kadu/Soorakaya/Bottle gourd (peeled,de-seeded and grated) 2 cups

Almonds/badam 8-10

Milk 1/2 cup

Ghee 1/4 cup

Sugar 1/2 cup, (can be increased and decreased based on once taste buds)

Elachi 1 (powdered)

Method

Heat ghee in a non stick pan. Add the grated kadu and saute till kadu is partially cooked. Now add milk and cook until kadu is tender, which may take around 5-7 minutes. Add sugar and mix well. Let it cook on slow flame for about 4-5 minutes until the water evaporates. Sprinkle grated almonds and serve hot.

Recipe link:

<http://mykitchenaroma.blogspot.com/2011/10/kadu-ka-halwa.html>

69. Dessicated Coconut Laddu with Condensed Milk

From the blog: <http://thecuisine.blogspot.com>

Blogger Name: Hari Chandana



Ingredients

Dessicated Coconut : 2 1/2 cups

Sweetened Condensed Milk (Milkmaid) : 1 cup

Cardamom Powder : 1/2 tsp

Method

Mix the condensed milk, cardamom powder and two cups of dessicated coconut in a bowl and knead into a soft dough. Make small balls out of the dough and roll them in the remaining coconut. Store in a air tight container and serve.

Recipe link:

<http://thecuisine.blogspot.com/2011/03/dessicated-coconut-laddu-with-condensed.html>

70. Walnut Halwa

From the blog: <http://enveetukitchen.blogspot.com>

Blogger Name: Priya Srinivasan



Ingredients

2 Cups Walnut - (Soak in warm water and remove the skin)
2 cups Grated carrot
1 Cup Milk
1 1/2 Cup Sugar
1/2 Cup Ghee
5-8 pods Cardamom Crushed
Nuts For Garnishing

Method

1. Grind Walnuts and Carrot adding little milk.
2. Heat a heavy bottomed pan add walnut-carrot paste, the remaining milk, sugar and ghee. Keep the flame low and Stir occasionally.
3. When ghee start leaving the sides add cardamom and mix well. Take it off the flame and garnish with nuts.
4. I used two small Silicon Heart-Shape Moulds for shaping the halwa. Before pouring them to the mould, i scattered some roasted almond flakes in the mould and spread the halwa on top.

Recipe link:

<http://enveetukitchen.blogspot.com/2011/10/walnut-halwa-old-recipe-revisited.html>

71. Madhura Seva

From the blog: <http://panchamrutham.blogspot.com>

Blogger Name: Rashmi



Ingredients

Gram Flour / Besan - 2 cups

Salt - 1/4 tsp

Water - 1/2 cup [adjust accordingly while kneading]

Oil - enough for frying

Sugar - 1 cup

Water - 1/2 cup

Method

1. Mix flour and salt.
2. Add water little by little and make a smooth dough. Keep in mind that gram flour becomes very sticky. So adjust water accordingly while kneading.
3. Heat oil in a large frying pan.
4. Fill the Seva maker [as shown] with the dough and start making the seva directly into the hot oil.
5. Turn over to get both sides done.
6. Remove from oil when the color turns light brown.
7. Drain on a kitchen towel and allow to cool.
8. Repeat frying until all the dough is finished.
9. Break the seva to small pieces and keep aside.
10. Meanwhile in a wide mouth non stick pan, heat the water and add sugar to it.
11. Keep stirring this, until it reaches 1 string consistency. [You can check this by dropping a little of the sugar syrup into a cup of cold water. Once it starts forming small balls in the water it has reached the required consistency].
12. Now reduce the flame and quickly add the seva pieces. Stir it well to get it coated with the sugar syrup.
13. Remove from the pan and allow it to cool.
14. Once cooled, store in an air tight container and start munching.

Recipe link:

<http://panchamrutham.blogspot.com/2011/01/madhura-sevaa-sweet-snack-from-kerala.html>

72. Sewayyan

From the blog: <http://inheritedrecipes-rashu.blogspot.com>

Blogger Name: Rashu shaikh



Sewayyan

Inherited Recipes - Rashu shaikh .com

Ingredients

Benarsi sewayyan 1/2 kg

Khoya 1 kg

Cardamom 3pcs.

Almond 100 g

Pistachio 100 g

Cashew nut 100 g

Dry coconut 1 whole (gari)

Currant(kishmish) 100g

Makhana(chopped) 100 g

Sugar 2 kg

milk 2lit

Dates Dried (Chhuara) 10 pcs.

Silver foil (chandi ka waraq)edible 5 pieces

Method

1. In a pan add ghee and roast the sewayya till brown.
2. Add sugar, water, khoya and milk to a pan and bring to a boil till you get a four string consistency.
3. Shallow-fry the dry fruits in ghee.
4. Add the roasted sewayya to the dry fruits and sugar syrup. Cook on a slow flame for five minutes.
5. Remove from heat and then add kewra essence (3 drops) in the mix. Rest it for 4 minutes.
6. Decorate with silver foil before serving.

Recipe link:

<http://inheritedrecipes-rashu.blogspot.com/2011/08/sewayyan.html>

73. Paneer Peda

From the blog: <http://www.rekhasrecipe.com>

Blogger Name: Rekha



Ingredients

Paneer grated - 1/2cup
Milk powder - 1/2cup
Powdered sugar - 1/2cup
Ghee - 2tsp
Cardamom powder - 1/2tsp

Method

- 1)Heat a kadai, add ghee, grated paneer,milk powder,cardamom powder and sugar, mix them well and stir continuously until the mixture starts to separate.
- 2)Make it to dough form and off the flame.
- 3)Then make the dough into small patties or balls.

Recipe link:

<http://www.rekhasrecipe.com/2011/08/paneer-peda.html>

74. Dry Apricot (Kubani) Sweet

From the blog: <http://gharkhana.blogspot.com/>

Blogger Name: Paul Lumen



Ingredients

Dried apricots	20 nos
Sugar	1 small cup

Method

Soak the apricots overnight in 2 cups of water. Deseed the apricots. Crack the seeds and remove the dry seed from within and keep aside.

Place the apricots with the water on the stove and allow it to cook for about 15 min. on medium flame and just smash the apricots, add the sugar and allow it to thicken, add the dry fruit seeds and remove from the stove.

You can serve it with vanilla ice cream or a little cold cream or custard.

Recipe link:

<http://gharkhana.blogspot.com/2011/08/dry-apricot-kubani-sweet.html>

75. Kozhukattai Payasam

From the blog: <http://ensamayalkuripugal.blogspot.com>

Blogger Name: Aruna



Ingredients

1 1/2 cups of rice flour

1 cup of milk

1 cup of water

A pinch of salt

1 tsp. of Sesame oil

Method

In a pan, boil water along with salt and sesame oil. When the water starts to boil, add the rice flour gradually. Make sure no lumps are formed. Now make small balls out of it and microwave it for 3 mins.

For this Payasam you need

1 can of condensed milk sweetened (we can also use coconut milk instead of condensed milk)

Few nos. of cashews roasted in ghee

1 tsp. of Crushed cardamom

Preparation

In a microwave bowl add the condensed milk and kozhukattai balls. Microwave upto 6 mins. Keep stirring. Finally add the cardamom and cashews.

Recipe link:

<http://ensamayalkuripugal.blogspot.com/2009/08/kozhukattai-in-condensed-milk.html>

76. MAledi--Chapatti Ladoo

From the blog: <http://madscientistskitchen.blogspot.com>

Blogger Name: agp 789



Ingredients

- 4 Chapattis, broken into fine pieces
- 1 tsp khus khus or poppy seeds
- 2tblspn dry coconut, grated (I used only 1)
- 1tblspn puthane
- 1tblspn ghee
- ½ cup jaggery, grated (adjust as per taste)
- 3 cardamoms, peeled and powdered

Method

1. Dry roast the coconut till a bit reddish. Transfer to a plate.
2. Dry roast the khus khus till bit reddish on low flame. Take care that it does not burn. Transfer to the plate of dry coconut.
3. Mix the puthane, cardamom powder, roasted khus khus and coconut.
4. In a kadhai/wok heat the ghee. On low flame add the grated jaggery. Stir gently.
5. When the jaggery bubbles on the sides of the kadhai/wok switch off the gas and mix all the ingredients.
6. Stir well till all the chapatti pieces are coated with the mix.
7. Apply a little water to your hands and make small ladoos of the mixture.
8. You can roll them in the some more coconut if you feel like it. As I had run out of it I have not.

I got 4 & 1/2 ladoos out of 4 chapattis well appreciated by my colleagues.

Recipe link:

<http://madscientistskitchen.blogspot.com/2011/08/maledi-chapatti-ladoo.html>

77. Goduma Rava Kesari

From the blog: <http://palakkadcooking.blogspot.com>

Blogger Name: Kaveri Venkatesh



Ingredients

1. Goduma Rava/Broken Wheat – 1 cup
2. Powdered Jaggery – 1 ½ cups
3. Water – 3 cups
4. Ghee – 3 tblsps
5. Cardamom Powder – ½ tsp
6. Cashews – few
7. Kismis / raisins – few

Method

Heat a heavy bottom Kadai or Non stick Kadai with about 2 tblsps of ghee. Add the Broken wheat and fry for about 3 to 4 mins. Then add 3 cups of water. Give a good stir and cook covered in low flame till the broken wheat gets cooked and the water is completely absorbed. In the meanwhile, in another vessel add the powdered jaggery and dissolve it in little water. Strain for impurities and keep aside.

Once the broken wheat is cooked add the jaggery syrup and mix well. Keep stirring till the jaggery syrup is absorbed completely. Add few drops of ghee if kesari sticks to the pan. Remove from heat when the kesari leaves the sides of the Kadai.

Heat a small frying pan with a little ghee, fry the cashews till golden brown, then add the raisins and remove quickly. Add these to the kesari. Also add the cardamom powder and mix well.

Tasty Goduma Rava Kesari is ready to eat.

Recipe link:

<http://palakkadcooking.blogspot.com/2011/04/goduma-rava-kesari-broken-wheat-kesari.html>

78. Dry Fruit Baked Karanji

From the blog: <http://indulge-ashscorner.blogspot.com>

Blogger Name: Ashwini Deshpande



Ingredients

for outer layer

1 cup--Refined flour (maida)
2 tbspn-- Semolina (rawa/suji)
2 tbspn-- Ghee-Smoking hot
1/4th cup--Milk

Either the above or store bought Pastry sheets..(I used the pastry sheets)

15 - 20--Cashewnuts, crushed ,
15 - 20--Pistachios,
1 tspn-- crushed Green cardamom powder
1 tspn--Dry coconut Half cup, roasted ,
2 tblspn--Milk
Sugar as per need

Stuffing

3/4 cup--Dates, chopped , seedless ,
3/4 cupf--Dried figs, chopped ,

Method

Take refined flour in a bowl. Add semolina, ghee and milk and knead into a semi soft dough. Divide into equal portions and shape them into pedas. Keep them covered with a damp cloth. Preheat oven to 350°F. To make the stuffing take dates and figs in a bowl. Add crushed cashewnuts, pistachios, green cardamom powder, roasted coconut and mix. Mash lightly with fingers and add a little milk. Roll out a dough peda. Place it in the karanji mould. Put a small portion of the prepared filling in the hollow. Apply a little water on edges, close the mould and press firmly. Remove the excess dough and use again. Similarly make the remaining karanjis. These can be made without the mould too. Place the karanjis on a greased baking tray and bake at 350°C for twenty to twenty five minutes. Cool, store in an airtight container.

Please note that I had copied this rec from Sanjeev Kapoor' Website and this is his rec.. I am sharing it as I liked it as it is really easy and FAST .. and it can be done with no sugar if you like.

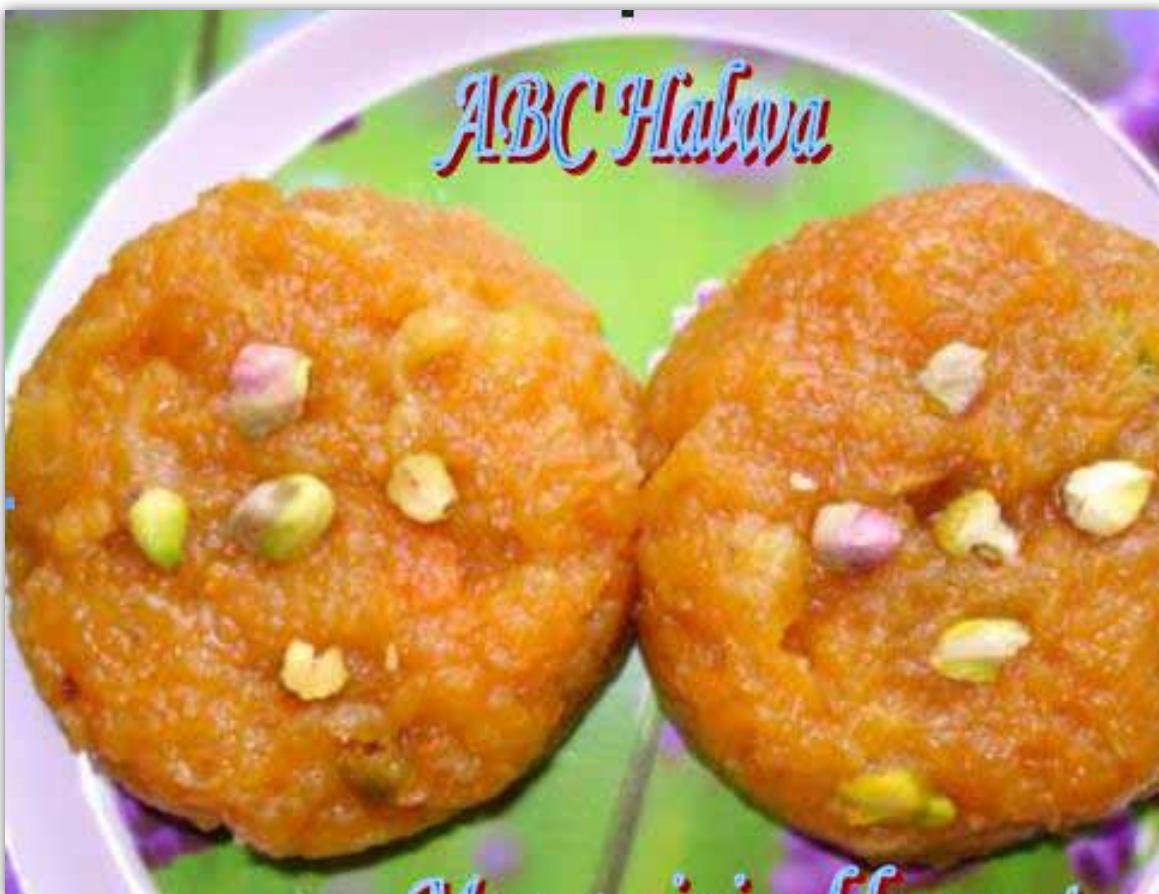
Recipe link:

<http://indulge-ashscorner.blogspot.com/2010/11/dry-fruit-baked-karanji.html>

79. ABC Halwa

From the blog: <http://momrecipes.blogspot.com>

Blogger Name: Sireesha



Ingredients

Carrots (Grated) – 1 cup
Apples (Grated) without skin – 1 cup
Banana (Smashed) -1cup
Milk - 1 cup / Milk Powder – $\frac{1}{2}$ cup
Sugar - 2 cups
Almonds -few
Pistachio - few
Cashew nuts -few
Ghee - 3 tbsp
Cardamom Powder -1 tsp

Method

1. -Cook grated carrots in milk until cooked.
2. -Add grated apples and smashed banana and cook.
3. -Add a sugar and dry out.
4. -Then Add cardamom powder .
5. -Stir vigorously to avoid burning.
6. -Heat some ghee and add to the mixture and mix well till the Ghee oozes out.
7. -Remove from heat and garnish with chopped almonds ,cashew nuts and pistachio.
8. - Enjoy your Apple, Banana & Carrot Halwa (ABC Halwa) !!!!

Recipe link:

<http://momrecipes.blogspot.com/2008/10/abc-halwa-apple-banana-carrot-halwa.html>

80. Sbiaat

From the blog: <http://multinationalcook.blogspot.com>

Blogger Name: Nada K



Ingredients

- 14 feuilles de brick/ Phyllo dough
- 250 g almonds
- 150 g icing sugar
- 1/2 tsp of cinnamon
- A pinch of Mastic
- 2 tbsp of Orange Blossom Water
- 1 tsp of butter
- Oil (neutral flavor) for frying
- 100g de Acacia Honey
- 1 egg white or egg yolk

Method

Blanch* the almonds and let them dry a few minutes, fry ½ of the quantity and reserve. Blend both versions separately in equal amount of sugar, cinnamon and Orange blossom Water. Blend well. You need a reliable food processor for this.

Put both almonds together, add Mastic and knead the dough until you get a compact paste.

You might add 1 tbsp of melted butter while blending in case the almond used is a bit "dry".

Divide the dough into small balls and roll in the shape of sticks 6 cm tall and 1 cm large. Cut the sheets into rectangular strips 10 cm large and 15 cm tall. Put the almond paste in one of the ends. Fold both long sides inwards to bring the borders to the middle and start rolling the sheet around the filling. [Clic here to see how to make this](#) (although it's in french but you just need the photos).

Put a bit of egg yolk on the tip of the sheet of brick to stick the cigar-shape or rectangular shape you just got. Give it a push with your fingers so you get an evenly distributed almond inside; You will get less oil in if you compact them and disctrIBUTE evenly and that will help keeping them for a long time without have soggy sweets...

Fry them in pan filled with hot oil and immediately dip in honey that you would flavor with 1 tbsp of Orange blossom water and heat for 5 min.

Drain your cigars and once cooled, store sealed in a box.

You can keep them in a freezer for months.

You can also keep them raw, in a freezer until the day you want to serve them, with an icecream scoop for Dessert or a cup of tea for Tea Time.

Notes:

1/ To blanch almonds, drop them in a bowl and pour boiling water. Let rest for 3 minutes. Drain water and remove skin from almonds with the fingers. Dry them.

2/ For a roasted version let them roast in the oven for a period of 10 to 15 min at a temperature 165 degrees C.

Recipe link:

<http://multinationalcook.blogspot.com/2010/04/moroccan-delicacies-with-almond-and.html>

81. Hala kumbalakayi Halwa

From the blog: <http://happyrays.blogspot.com/>

Blogger Name: Nivedita Gadde



Ingredients

Sweet pumpkin/ Halakumbalakayi - 1 long

Sugar - 1 1/2 cup

Cardamom powder - 1 tbs

Cashews, raisins, almonds - handful

Method

1. Chop the sweet pumpkin in to ~1/2 inch thick pieces.
2. Add sugar and cook on a big mouthed thick bottom pan on a medium flame, you may cook on a high flame until all the sugar dissolves, stirring occasionally, but after that, you have to keep stirring with spatula on a low flame.
3. It will take about 45 minutes to cook completely. All the pumpkin pieces should cook only sugar.
4. Add the cardamom, cashews, raisins and almonds.
5. Keep mixing, do not let stick to the bottom.
6. Brush the ghee to the separate plate
7. Once it starts to combine together, take it out from the flame and spread it on the plate, quickly and evenly.
8. Let it rest for sometime.
9. Cut it into small shapes and enjoy the gummy, sweet deserts. It will be so tasty, you will not stop eating at 1 piece!

Recipe link:

<http://happyrays.blogspot.com/2011/08/hala-kumbalakayi-halwa-sweet-pumpkin.html>

82. Basbousa

From the blog: <http://pastaandparatha.blogspot.com>

Blogger Name: Gauri Trivedi



Ingredients

Semolina flour/Rava – 1.5 cups

Yogurt – 1 cup

Butter – 1 stick (softened)

Baking powder – 1 tsp

Vanilla essence – 1 tsp

Sugar – 1/2 cup and 1/4 of a cup

Honey half a cup

Rose water – 4 tsp

Lemon juice 2 tsp

Almonds – 16 to 18

Method

Mix the butter and half a cup sugar thoroughly with a hand mixer. Add yogurt and vanilla essence and beat again for a couple of minutes with the mixer. Add the semolina flour (rava), baking powder and mix with a wooden or plastic spatula. The result will be a sticky loose kind of dough. Keep aside for half an hour.

Make a honey syrup in the meanwhile. In a pan, combine honey, one fourth cup of sugar and 2 tsp rosewater, cook for 10 minutes to form a syrup. Turn the heat off, add the lemon juice and 2 tsp rosewater and mix well. The honey syrup is ready to use.

Now, transfer the dough in a greased baking dish or pan. Level it as much as possible by gently pressing with hand or spatula. Bake it at 375 F for about 25 minutes first. Take the pan out, the dough will be partially cooked by then. Cut the in squares or diamonds as preferred and press an almond into each one of them. Don't forget to wear your oven gloves while doing all this. Back in to the oven for another 20 minutes or till the edges appear brown. Once this is done, increase the temperature of the oven to "Broil" mode and bake further for 5 to 8 minutes so that a fine brown crust is formed on the Basbousa. Carefully watch the Basbousa every 2 minutes while it is on broil, food burns easily at that high temperature.

Pour the honey syrup all over the squares as your baking dish comes out of the oven. Cool and transfer the pieces to a serving dish or a storing box as this dessert tastes best the next day.

Serving suggestions

- With whipped cream on top.
- With strong coffee.

Tips

- Cooking times can vary depending on the Oven, adjust the timer accordingly.
- Reduce the amount of sugar if you prefer your sweets to be less sweet.

Interesting fact

- Basbousa is called by different names (Hareesa, Ravani) in the Middle Eastern regions.
- It is a very high calorie (220) per piece dessert.

Recipe link:

<http://pastaandparatha.blogspot.com/2011/04/basbousa-egyptian-dessert.html>

83. Kalakand style Coconut Barfi

From the blog: <http://tastejunction.blogspot.com>

Blogger Name: Anamika Arun



Ingredients

Ingredients:

Sweetened Condensed Milk - 1 can (400 gms)

Desiccated Coconut - 2 cups + 1 tbsp

Sugar - 2 tbsp (Adjust as per liking)

Ghee - 4-5 tbsp

Cardamom Powder - 2 tsp

Almond silvers - 1/3 cup

Method

Combine sugar, milk and 2 cups coconut in a heavy bottomed pan and cook on medium low heat till milk gets reduced to 1/3rd, about 12-15 mins. Stir in between, to avoid sticking to bottom.

Add ghee and cardamom powder and stir till ghee starts leaving the side.

Remove from heat and transfer to either a greased dish or a pan lined with cellophane wrap.

Sprinkle almond silvers and 1 tbsp coconut on top. Keep in fridge to cool for at least an hour.

Then cut it with blunt knife in squares and keep back again in fridge for 20 mins.

Recipe link:

<http://tastejunction.blogspot.com/2011/08/janmasthami-special-kalakand-style.html>

84. Double ka Meetha

From the blog: <http://eq-myblog.blogspot.com>

Blogger Name: Priya Sriram



Ingredients

Bread Slices -4

Milk - 500 ml (I used Full Cream Milk)

Khoya/Milk Solids -1/4 cup - grated

Sugar - 1/2 cup - to taste

Mixed Nuts - 1/2 cup (mix of cashews, raisins, almonds & pistachios)

Ghee - to deep fry - as required

Cardamom & Saffron - a generous pinch or two

Method

Cut off the edges of the bread & slice them in to quarters. In a pan, heat the ghee & deep fry these slices till golden brown. Take care not to burn them. Put the slices on an absorbent paper & set aside. In the same pan roast all the nuts till they are golden brown. Set aside. In a separate milk pan, add the milk & bring it to a boil. Add the cardamom & saffron strands to it as it simmers and add the required sugar. Now add the grated milk solids/khoya and let it simmer till the quantity reduces to half & thickens.

Arrange the bread pieces in a tray/plate/deep dish. Pour the sweetened & spiced up milk little by little till the fried beauties are completely soaked n drenched. Sprinkle the roasted nuts and let it sit out for some time till the milk mix is absorbed by the bread pieces. If the milk still remains un absorbed you can put the dish in a preheated oven & bake @ 180 C for 5-7 minutes. I didn't have to put them in the oven as within minutes the bread pieces beautifully soaked up the thickened milk mix.

Recipe link:

<http://eq-myblog.blogspot.com/2011/09/double-ka-meetha-hyderabadi-bread.html>

85. Vermicelli Delight

From the blog: <http://shamim-recipes.blogspot.com>

Blogger Name: Shamim



Ingredients

Vermicelli	1 cup
Sugar	2 cups
Koya	50gms
Ghee	50ml
Cardomom powder	1tsp
Chopped nuts	
orange food colour	a pinch

Method

- 1 Mix a cup of water to the sugar in a pan and bring it to boil and make thick syrup(3 thread consistency).
- 2.In another pan heat the ghee and fry the chopped nuts and keep aside.
- 3.In the same ghee add vermicelli and fry till golden brown.
- 4.Take one and half cup of water and bring to boil and add roasted vermicelli.Switch off when the water dries up.
- 5.Add khoya ,food colour.and boiled vermicelli to the sugar syrup ,mix well and simmer for few minutes.Sprinkle the chopped nuts on the top and switch off.
6. Cover and keep aside for an hour so that the syrup is well absorbed.
- 7.Serve warm.

Recipe link:

<http://shamim-recipes.blogspot.com/2011/10/vermicelli-ingredients-vermicelli-1-cup.html>

86. Coconut Chocolate Macaroons

From the blog: <http://reneesrecipe.wordpress.com>

Blogger Name: Renee Robins



Ingredients

2 ½ cups unsweetened shredded coconut
1 cup granulated sugar
1 tablespoon honey
¼ cup all-purpose flour
½ teaspoon salt
4 large egg whites
1 teaspoon vanilla extract
semi sweet chocolate, chopped 2 ounces (optional)

Method

In a large pan, mix together the egg whites, sugar, salt, honey, coconut and flour. (this step is really important...please combine everything before placing over heat).

Place over low-to-moderate heat on the stove top, stirring constantly, scraping the bottom as you stir. When the mixture begins to scorch or stick to the bottom, remove from heat and stir in the vanilla. The mixture will be sticky. Transfer to a bowl to cool to room temperature. (At this point, the mixture can be chilled for up to one week, or frozen for up to two months.)

When you're ready to bake, line a baking sheet with parchment paper and pre-heat the oven to 350 degrees F (180 C).

Now shape the dough into small mounds or pyramids (you can use a spoon or an ice cream scoop...or just use plain hands like I did!), and space them evenly on the prepared sheet pans.

Bake for about 25 minutes or until golden brown. Transfer to a wire-rack to cool completely.

Next if desired, melt chocolate in a microwave or in a clean, dry bowl set over a pan of simmering water a.k.a. double boiler. Dip cooled macaroons in chocolate and allow to cool completely on cooling rack or on a parchment-lined baking sheet. Then refrigerate them for about 10 minutes for the chocolate to harden quick.

Note:

I've used unsweetened desiccated coconut that you get in packets or bins. You can use finely shredded or grated fresh coconut too.

The batter can be made in advance and put in the refrigerator or even freezer if you want it to stay longer.

Even the cookies can be baked few days in advance and kept in an airtight container. But since I had my macaroons dipped in chocolate and since it's close to about 50C here in Dubai, I put them in the fridge so that the chocolate wouldn't melt!

Recipe link:

<http://reneesrecipe.wordpress.com/2011/06/01/coconut-chocolate-macaroons/>

87. Strawberry Firni

From the blog: <http://saffronstreaks.wordpress.com>

Blogger Name: Saffronstreaks Saffronstreaks



Ingredients

Strawberries (fresh): 10-12
Rice: 4tbsp
Almonds: 7-9
Milk: 4cups
Sugar: 3/4cup
Green Cardamom powder: 1/2tsp
Strawberry slices for garnishing

Method

Clean, wash and soak rice in enough water for half an hour. Drain and grind the rice to a coarse paste. Dilute rice paste with half a cup of water.

Wash and hull the strawberries and finely chop them.

Soak the almonds in water for 5 minutes. Drain and finely slice the almonds.

Heat milk and bring it to boil. Gradually stir in the rice paste, cut the heat and simmer for three to four minutes, stirring continuously until the milk thickens.

Add sugar, cardamom powder and continue to simmer till sugar dissolves and is incorporated well. Remove from heat, cool it to room temperature and stir in the chopped strawberries.

Pour this mixture into individual earthenware or ceramic bowls, garnish with almonds and strawberry slices.

Serve the strawberry phirni or firni chilled.

Sharing the recipe with Celebrate sweets – sweets with rice guest hosted by Priya, started by Nivedita.

Recipe link:

<http://saffronstreaks.wordpress.com/2011/02/11/strawberry-firni/>

88. Carrot Halwa

From the blog: <http://kalyaniplatter.blogspot.com>

Blogger Name: Kalyani



Ingredients

Carrots(grated) 3 cups

Sugar 3 cups

Milk 6 cups

Seasoning:

Cashews 10

Almonds (grated) 10

Elachi powder 1 Tsp

Ghee 3 Tbsps

Method

1. Peel the carrots & grate them. Fry the grated carrots on a pan for 5 min to avoid the raw smell of carrots.
2. In a heavy bottomed pan boil milk for 10 - 15 min.
3. Add grated carrots, sugar to the boiled milk and mix well.
4. Boil them on a medium flame until the milk dries up. Stir constantly to prevent any sticking.
5. When the mixture becomes thicker add elachi powder & turn off the heat.
6. Fry cashews in ghee separately and add them to the mixture.
7. Garnish with grated almonds.
8. Can be stored at room temperature for 1 -2 days and then refrigerate for 1 week.
9. Enjoy the delicious Gajar Ka Halwa !!!

Recipe link:

<http://kalyaniplatter.blogspot.com/2011/10/carrot-halwa-gajar-ka-halwa.html>

89. Rabri Malpuva

From the blog: <http://www.sarasyummybites.com>

Blogger Name: Saraswathi Ganeshan



Ingredients

For Malpuva:

Milk - 8 cups
Khoya/ Mawa - 1/2 cup
All purpose flour / Maida - 3 ~ 5 tbsp
Rice flour - 1 tsp (optional)
Sugar - 1 tbsp
Fennel seed powder - 1 tsp
Salt - A pinch

For Sugar syrup:

Sugar - 2 cups
Water - 1 1/2 cup
Saffron / Kesar (or) Yellow food color - Few Strands (or) 2 drops
Pistachios, chopped - 20 nos for garnishing.

For Rabri:

Milk - 6 cups
Sugar - 1/2 cup
Broken pistachios & Almonds- 10 ~ 15
Cardamon powder - 1 tsp (7~8, peeled & ground coarsely)
Saffron / Kesar - Few
Broken Nuts - As required

(or)

For Instant rabri:
Milk - 1 cup
Grated Panner - 1 cup
Condensed milk - 1/2 cup
Cardamom powder - 1/4 tsp
Chopped nuts - For Garnishing.
Ghee - 1 tsp

Method

For Syrup:

Mix water & sugar together in a pan and bring it to boil.

Add Saffron strands or food colour at this stage & boil till syrup form One-string consistency.

If we take sugar syrup & drop on a plate, it will stand like a pearl, it should not run. At this stage remove the syrup from heat & keep it aside.

For Puvas:

rabri/rabadi malpuva

Grate mawa and keep it aside.

Heat milk in heavy bottom pan, When it starts boiling reduce the heat & stir continuously till it reaches thick coating consistency approximately to 1cup.

Add mawa to reduced milk & mix well & turn off the heat.

When milk mixture cools down to room temperature, Add rest of malpuva ingredient & mix well to bring the mixture to dosa batter consistency (If required add little milk.)

Heat sufficient oil in a wide mouthed flat bottomed pan, Pour a ladle full of batter to form a pancake and cook on low to medium heat.

Fry both side till it turns to golden brown color or till done, Remove & drain the oil and then immerse in the sugar syrup.

Soak it for a minute. Remove & transfer to serving bowl. Garnish with pistachios.

Serve hot or chill with Rabri.

(Note: You can use Condensed milk or Evaporated milk. If you are using condensed milk, Avoid adding sugar to the batter and follow the same. For Evaporated milk, use one cup milk & continue the same).

rabri

Boil milk in heavy bottom deep pan, Add Sugar & mix well.

Lower the heat & cook until milk reduces to 1/4 quantity. Stir inbetween.

Turn off the heat & Add Cardomon powder & saffron.

Garnish with broken nuts & serve Hot or chill.

For Instant Rabri:

Mix all the ingredients together in large microwave safe bowl and microwave high for 6 ~ 7 minutes. Stir in between.

Garnish with broken nuts & serve hot or cold.

Recipe link:

<http://www.sarasyummybites.com/2011/05/my-100th-post-rabri-malpuva.html>

90. Mango kesari

From the blog: -<http://food4kidz.blogspot.com>

Blogger Name: RS



Ingredients

1 cup - Sooji / Rava
1/2 cup - Mango pulp
1 cup - Milk
1/2 cup - Water
3/4 cup - Sugar
4 tbsps - Ghee
1/4 tsp - Cardamom powder
1/4 tsp - Orange /kesari food colour
Few - Cashews / raisins to garnish

Method

- 1) Heat 2 tbsps of ghee in a frying pan and roast the rava for a few minutes till a nice aroma comes out. Be careful not to burn the rava. Turn off heat and then keep the roasted rava aside.
- 2) In the same pan heat 1 tbsp of ghee and add cashews and raisins. Fry till golden brown and keep it aside.
- 3) In the pan boil the water, mango pulp and milk. When milk gets boil add the food colour and mix well. Then add fried sooji to it slowly by stirring continuously, so that lumps are not formed. Keep it on medium Flame. It will take 10 minutes to get cooked.
- 4) When sooji is cooked fully then add sugar and cardamom powder and mix well. Add remaining ghee and mix well. Cook for another 5 minutes on low flame stirring in between so that it doesn't get burn.

Garnish with fried raisins or cashews. Mango Kesari is ready to serve. Serve it warm or hot.

Recipe link:

<http://food4kidz.blogspot.com/2011/06/mango-kesari.html>

91. Nutty Fruity Oats Mittai

From the blog: <http://roshanscucina.blogspot.com>

Blogger Name: roshanscucina.blogspot.com



Ingredients

Oats – 6 tbsp

Sugar – 3 tbsp

Almonds / cashew nutss – 10

Dates – 6

Raisins – 10

Veg oil – 1 tbsp

Method

Lightly roast the oats: for about 3 minutes in a low flame. Chop the dates, raisin and nuts into tiny pieces.

Caramelize the sugar – place the sugar in a flat aluminium pan, let it melt and turn light brown. Add the chopped fruits and nuts and veg oil and cook for 1 minute in low flame. Spread it evenly in the pan. Sprinkle the roasted oats evenly on the fruit and nut mixture and let it stay for 10 seconds. Mix the mixture thoroughly for about two – three minutes till the oats is thoroughly coated with the caramel mixture. Turn off heat. Quickly shape the mixture into preferred shapes. I used the lid of a tiny bottle to make the shape. Use it after the mittais cool completely to get a crunchy consistency. Yields 20 mittais.

Recipe link:

<http://roshanscucina.blogspot.com/2010/09/nutty-fruity-oats-mittai.html>

92. Choco-Nut Swirls

From the blog: <http://cookwithkary.blogspot.com>

Blogger Name: Karishma J



Ingredients

For the chocolate layer:

10-15 biscuits (digestive or plain biscuits-I used Marie)

1 tablespoon cocoa powder

1/4 to 1/2 cup cold milk

For the nut layer:

1 cup powdered nuts (I used cashew nuts and almonds--you can use a mixture of nuts or just one kind)

3/4 cup sugar, powdered

2 tablespoons melted butter

1 teaspoon cardamom powder

Method

1. Powder the biscuits finely, in your blender. Transfer to a mixing bowl.
2. Add the cocoa powder and mix well.
3. Stir in the milk gradually, mixing it with your fingers to make a nice, firm dough (like for chapathi/poori, etc.) Keep this aside.
4. In another mixing bowl, combine all the ingredients mentioned above for the nut layer. Let it become a sticky dough.
5. Now spread a little butter on a clean surface or an inverted plate or your chapathi-rolling board.
6. Place the ball of chocolate dough on the surface and spread it out with either your palms or your rolling pin. It's okay if it breaks around the edges. Let it be about 1-inch thick.
7. Now take the nut dough and spread it, with your fingers, on top of the chocolate layer.

To make swirls or a roll shape:

After spreading the nut mixture on top of the flattened chocolate dough, roll this dough over into a cylindrical shape. Wrap it in aluminium foil or clingfilm and freeze it for 30 minutes. Take it out and cut into half-inch thick discs. It is ready to serve after a few minutes.

To make other shapes:

Once you have spread the nut mixture on the chocolate dough, take out your cookie cutters and cut out the desired shapes. Serve.

Make sure to store these in the refrigerator.

Recipe link:

<http://cookwithkary.blogspot.com/2011/09/choco-nut-swirls-and-diamonds-and.html>

93. Basoondi

From the blog: <http://myeasytocookrecipes.blogspot.com>

Blogger Name: Dr.Sameena Prathap



Ingredients

Fat free milk:1 litre

Sugar:3 tbsp

Cardamom powder:1/2 tsp

Pistachios:few,flaked

Cashews:few

Almonds:few,broken

Method

Soak the cashew nuts in hot water for 10 to 15 minutes and grind in to a smooth paste...
Keep it aside..

Pour the milk in to a non stick pan and place on medium flame..

Keep the lid aside and thicken the milk on low heat...

Once the milk reduces to half it's original volume, add the cashew nut paste and cook for 2 minutes...

Stir in the sugar and cardamom powder....

Simmer for a few minutes till the milk gets a thick pouring consistency...

Remove from heat and pour in to a serving dish ..

Garnish with the nuts..

The basoondi is ready!

P.S. You can also add sunflower seeds or add also a variety of mixed fruits to make a fruit basoondi..

Enjoy making basoondi!!

Recipe link:

<http://myeasytocookrecipes.blogspot.com/2010/11/basoondi.html>

94. Sunflower Seeds Sweet Treats

From the blog: <http://www.simplehomefood.com>

Blogger Name: Pushpa Kumar



Ingredients

1/2 cup sunflower seeds
1/2 cup brown sugar(+/- as per taste)
4 whole green cardamoms
For binding
3 tsp water

Method

Dry roast the seeds on low heat and let it cool completely. When cooled grind it in a coffee grinder along with cardamoms and brown sugar. Transfer in to a plate and mix to blend well. You will have an aromatic sunflower seeds powder. You can have them as is or you can use 3 tsp of water to bind them and make small spheres by rolling them in the palms. These spheres are versatile. They can be used for dumplings, can be used as stuffings for parathas, can be made into poli. Can be dipped in flour and deep fried or can be enjoyed as is... Enjoy!!

Note: Koya and sweetened coconut can be added if preferred.

Recipe link:

<http://www.simplehomefood.com/2011/10/sunflower-seeds-sweet-treats.html>

95. Badam Kheer

From the blog: <http://www.sensibleveg.com>

Blogger Name: Sensible Veg



Ingredients

Almonds - 1 Cup
Milk - 2 3/4 Cup
Water - 1/4 Cup
Xylitol - 1/3 Cup (Traditionally done using sugar, if using sugar go for 1/2 cup or to your taste)
Saffron few strands
Cardamom 1 pod
Toasted Charoli nuts - 1 Tbsp

Method

- 1) Soak the almonds over night. Rinse and drain the water. Boil 2 cups of fresh water and once the water reaches the rolling boil point add the almonds and boil for 2 minutes. Then switch off the stove, immediately drain the water and add cold water rinse and once it is cold enough to handle. Just press the almonds between your thumb and index finger and the almonds will pop out of the skin. Do the same for the rest of the almonds.
- 2) Place the peeled almonds, saffron strands, cardamom and 1/2 cup of milk in a food processor and process till you get a smooth paste. Pour the ground paste in a thick bottomed pan and add 1/4 cup of water to the food processor to get any remaining paste sticking on to it.
- 3) Add the remaining milk and cook in medium heat. When it is slight hot add xylitol and boil till mixture slightly thickens and the xylitol melts approximately 8-10 minutes. Stirring in between to avoid burning the bottom.
- 4) Add toasted nuts and serve hot or cold as per your choice.

Note - Another good thing(or bad thing!!) about using xylitol is they teach you portion control, any time you exceed or go overboard with big portion sizes then the result is upset stomach.

Recipe link:

<http://www.sensibleveg.com/2011/09/almond-milk-puddingbadam-kheer.html>

96. Besan Laddoo

From the blog: <http://hobbyandmore.blogspot.com>

Blogger Name: Richa Hingle



Ingredients

5 Tablespoons gram/chickpea/garbanzo bean flour (besan)

1 teaspoon semolina flour (fine sooji, omit this for gluten free version)

2 teaspoons quinoa flour(optional, can be substituted with semolina flour)

2 Tablespoons vegan butter (earth balance, soy free)

1 Tablespoon coconut oil

3 Tablespoons raw sugar(more for sweeter balls, I like mine mildly sweet)

1 Tablespoon agave syrup(optional)

1/4 teaspoons coarsely ground cardamom seeds (elaichi)

2 Tablespoons of chopped cashews(small pieces. large pieces will make it difficult to form balls)

2 Tablespoons raisins
a tablespoon or 2 of water

Method

1. Melt the vegan butter in a large pan on low heat.
2. Cook the cashews and raisins in it for 2 minutes until golden and remove them leaving as much butter as possible in the pan. Alternatively, cook the cashews and raisins in about a teaspoon of butter separately.
3. Add coconut oil and heat with butter.
4. Add the besan (chickpea flour), semolina flour, quinoa flour and mix.
5. Cook on medium heat and begin to roast the mixture, until it becomes light golden brown in color and gives out a sweet aroma. Stir the mixture continuously with a spatula to prevent burning. 7-10 minutes. The mixture should also start to form clumps.
6. Cook the flour well, else it will taste raw, which is not fun.
7. Remove the pan from the heat and let it cool to a warm-hot temperature. (a minute)
8. Meanwhile, Blend/grind the raw sugar into powder. or use powdered jaggery.
9. Add in cardamom seeds, and sugar to the flour mixture and mix well.
10. Add in the cashews and raisins and mix well with spoon or hand to make mixture more clumpy. (1 minute)
11. To make the balls, take about 1.5-2 Tablespoons of warm flour mixture into your palm. Gently press the mixture between your palms to form a smooth, round ball. Of course if you are in a hurry, you can just eat the flour mix like a halwa :)(dense sweet dough dessert).
12. If the mixture doesn't form balls easily, which might happen because I use butter as less as possible, add half a tablespoon of agave syrup and a few drops of warm water and mix. Keep adding drops of water and a few drops of agave till it becomes a big clump. All this should be done, while the mixture is still warm-hot to touch. (you can reheat the mixture in the pan to warm-hot if it has completely cooled down). Form balls and let cool completely before storing in airtight container for 1-2 weeks. Hope you all like these Indian Sweet Balls! Have an awesome day everyone!

Recipe link:

<http://hobbyandmore.blogspot.com/2011/08/besan-laddoosweet-chickpea-flour-balls.html>

97. Ragi Besan Ladoo

From the blog: <http://itsnotmadrasi.blogspot.com>

Blogger Name: Mom Chef



Ingredients

Ragi flour / finger millet flour - 3/4 cup
Besan / fried gram flour - 1/4 cup
Melted ghee - 1/2 cup (a tsp more or less)
Mixed dry fruits (cashew / raisins) + pista flakes (for garnish)
Sugar - 1/2 cup (adjust according to taste)

Method

- 1) In a dry pan, fry both the flours separately till a warm aroma wafts out. Cool.
- 2) In a pan, fry the dry fruits in a tsp of ghee till golden brown.
- 3) In a large bowl, mix both the flours and add half the ghee till it is crumbly. Let the melted ghee be warm, not hot.
- 4) Meanwhile, powder the sugar and add to the flours mixture and remainng ghee and mix well.
- 5) Divide into equal portions (approximately) and form ladoos. Add a tsp of warm milk if you need help to form the ladoos.
- 6) Refrigerate for a while and then garnish with slivers of pista on top :-)

Recipe link:

<http://itsnotmadrasi.blogspot.com/2011/08/ragi-besan-ladoo-finger-millet-and.html>

98. Pal Poli

From the blog: <http://g3foodspot.blogspot.com>

Blogger Name: Gayathri NG



Ingredients

For poori:

Maida - 1/2 cup
Peni / siroti Rava - 3/4 cup
Salt a pinch
Water to make dough
Oil - 2 tsp

For poori:

Khas Khas/Poppy seed - 3 tsp
Coconut – 2 tbsp
Cardamom powder a pinch
Cashew few
Milk – 1 cup
Sugar for taste

Method

1. To make poori mix all the ingredients in to soft dough as mentioned above and keep it aside for 1 hour.
2. Now divide the dough into equal ball and roll out into thin round shape and then fold it and seal the edges it looks like semi circle and deep fry it in oil and keep them aside.
3. Now the poori is ready.
4. Soak Khas Khas for 30 minutes in water and make in to a fine paste with Cardamom, coconut and cashew.
5. Mix this paste with boiling milk and sugar.
6. Cook this in simmer for 5 minutes.
7. Now the payasam is ready, in this soak the poori for half an hour and serve it.

Yummy Pal Poli is ready to serve....:)

Note:

Siroti rava is nothing but fine Semolina rava it adds taste to the poli.

Even u can add chopped nuts for garnishing.

You can skip adding Khuskhus and can do payasam with other ingredients.

Recipe link:

<http://g3foodspot.blogspot.com/2011/10/pal-poli.html>

99. Bread Halwa

From the blog: <http://tummydelites.blogspot.com>

Blogger Name: Tummy Delites



Ingredients

10 Bread slices(white)
4 tbsp of thick malai (fresh cream)
(substitute 2/3 cup of fresh cream if u don't get malai)
2 tbsp of ghee (clarified butter)
1/2 cup sugar
1/4 cup milk
pinch of cardamom powder
a few almonds, pistachios
a few strands of saffron

Method

1. Soak the bread slices in milk and squeeze them.
2. Put malai and ghee in a kadhai (wok) and put it on the gas top.
3. Put the slices in it and bhuno (lightly roast) on low flame till a light brown colour.
(This will take a little time and energy)
4. As the bread gets its colour and starts to leave the sides add the sugar and bhuno for a few more minutes.
5. Turn off the gas.
6. Add the slivered almonds and a pinch of cardamom powder.
6. Garnish with saffron and pistachios.
7. Serve hot.

Recipe link:

<http://tummydelites.blogspot.com/2011/09/bread-halwa.html>

100. Strawberry Paayasum/Kheer

From the blog: <http://priyasnowserving.blogspot.com>

Blogger Name: Priya Mahadevan



Ingredients

- 1 small box of Strawberries (about 20 strawberries)
- 1 can of condensed milk
- 5 cups of milk
- 1 tsp of freshly ground cardamom

Method

Wash the strawberries well and dry them slightly with a paper towel

Add 1 cup of cold milk to the berries and blend well in a mixer

Remove from blender and set in the fridge

Open 1 can of condensed milk and pour its contents into a deep pan – add the other 4 cups of milk to it and stir it in. Allow it to boil like paayasum.

Grind cardamom seeds in your pestle and add to the milk

Refrigerate this as well

Once they are cool, mix together and serve cold

Recipe link:

<http://priyasnowserving.blogspot.com/2011/03/strawberry-paayasmkheer.html>